

"She doeth little kindness,  
Which most leave undone, or despise:  
For nough that sets one heart at ease,  
And giveth happiness or peace,  
Is low - esteemed in her eyes"

## HOME NURSING

---

### THE SICK ROOM

1. The best medicines for any patient are cleanliness, air, and sunlight. To provide plenty of air the room should be spacious and easy of ventilation. A southern outlook will provide the greatest possible amount of sunshine: a western next best. The sunlight is a healing agent and cheerfulness of surroundings makes for the recovery of the patient. Plenty of light acts in the same way. A sick room should not be kept dark except in cases of affections of the brain or eye.

It should be kept as free of dust as possible, the fittings and furnishings should therefore be of the simplest kind. If rugs are deemed necessary or desirable let them be of a kind that are easily taken out, shaken and exposed to the sun and air. Have no hangings: if curtains, let them be washable. White walls are very trying to the eyes. Painted a soft tint (neutral green or soft gray) is the best. If papered, plain paper of some soft shade is best. On no account have papers with strongly marked figures or patterns. These are very dazzling and annoying even to a well person if constantly with them. Should be as far removed from noises both from within and without.

It is important to keep the room tidy and attractive-looking with as little furnishing as possible. The fittings should be of a