

result, which exercise gave an additional relish to the tea and bread and butter and cakes which were then served by the Woman's Auxiliary.

The rooms were tastefully decorated with plants kindly loaned for the occasion by Mrs. Martin, of Windsor street.

ABOUT THE CHILDREN.

SOME SYMPTOMS AND THEIR MEANINGS.

The face of a healthy sleeping child wears an expression of perfect repose. During sleep the eyelids should be completely closed. When partly opened, showing the whites of the eyes, some acute or chronic disease is indicated. Pain very quickly alters the expression of a child's face. Contraction of the brows denotes pain in the head; sharpness of the nostrils pain in the chest, and a drawing of the upper lip, pain in the abdomen.

Blueness of the eyelids and lips is a sign of lung or heart affections. A faint purple tint of eyelids and around the mouth indicates weak circulation or imperfect digestion. A yellow hue of the skin is seen in jaundice, while an earthy appearance of the face is noticed in chronic intestinal diseases.

Parents should faithfully cleanse and care for the first teeth of children. Great suffering will be avoided in after years if the child's mouth be given the proper attention while young. Consult your dentist and do not teach the child to fear him.

A child should be given a full tub bath when ten days old unless contrary indications exist. The bath should be given quickly and the body dried rapidly. An infant can be bathed and dressed in seven minutes if the Gertrude baby pattern is used. The bath should be given daily during the first two and a half years of life. After the third year three baths a week are quite sufficient. A hot bath, 95 to 100, will very often relieve nervous irritability and promote sleep.

During an acute illness the amount of food should be very greatly reduced in quantity and made more dilute than usual.

Children craving for lime, clay, chalk, etc., should at once receive medical attention. Such abnormal cravings are not healthy and indicate a depraved condition of the system.

Teach the child to properly chew his food.

A. R. GRIFFITH, M.D.

HOSPITAL NURSES.

A great deal has been said about the comfort and security felt by the presence of a trained nurse in an anxious and grief-stricken household; and to those who have been fortunate in their experiences with these women they cannot be over-rated. The kindness, gentleness, and constant care which a conscientious and skillful nurse gives to the patient under her care often lays the foundation for a strong friendship between the two, and a mutual interest which is felt long after health and strength are restored, and conversation is not confined to "symptoms." I once knew quite well one of these nurses. She was a quite little woman, with the quickest observation, and most sympathetic and persuasive ways with her patients. "We are going to have such nice times together and be such good friends," she said coaxingly to a feverish little boy who opened his eyes and looked doubtfully at the strange face bending over him. "I never saw such a good boy!" she said to the doctor continually in her little patient's hearing.

Praise does so much more good at such times than "reasoning." There is nothing that will close the teeth and turn the back of a patient quicker than the words: "It is better for you." Tiptoeing when passing, mixing medicines with the back turned to the bed; anything that has a mysterious air is aggravating to a person lying helpless in bed. We sometimes realize how invalids must ponder and worry over some little thing that has happened, or some ridiculous idea that has come into their heads, and stays there for days. I once knew a little girl of ten or eleven years old who was recovering from a fever, and during the long hours when she lay quiet, "gaining strength," used to wonder whether if she were stretched out she would be longer than a window-sill opposite her bed, until one day when she was left alone for a moment, she slipped out of bed and crawled feebly along to the window where she stretched herself out on the floor and found that she went far beyond the window-sill. She reached the bed again with the help of some chairs, and went calmly to sleep.

With the nurse as with anything else, an unsatisfactory one is in the way and a general nuisance; but the other kind is a treasure, and a grateful family has a peculiar admiration and affection for her ever afterwards.—*Good Housekeeping*.

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