PAGE TEN



LECTURE NO. 1. equal quantity of blood forced out by General Preparation for Nursing at understand the absolute necessity of

General Preparation for roursing at outerstand, the absolute necessity of having fresh at for the patient to breather, so that there may be plenty of fresh air in the lungs. If there is not the patient loses vitality, and in practically every disease and very espected by the second pecially in this, and certainly in any or to give any complete idea of nurscase of pneumonia, to keep up the paing in the course of three lectures, tient's vitality is the important thing, but I believe it is possible to give a and fresh air is one of the essentials of the that of that. sentials of the sick room, the pre-paration and care of the bed and of When you go home stand in front of ation and care of the bed and of general observation of the sick your mirror with your clothes loosened and take a good full breath, and notice patient that will be of great benefit, low your chest expands under normal

To anyone who has the time and will to help in this emergency. It was decided to call this organi-zation The Ontario Emergency Vol-inn eer Health Auxiliary. That is ra-case in the cit conditions, and then you will readily abnormal. If we were going to take care of a case in the city we would try to select a sick room that is conveniently situated, and I am going to talk in ther a long name for common use, and ther a long name for common use, and it was thought advisable to consider this to be an S.O.S. from the health this to be an S.O.S. from the health this to be an i that those who took this to be an S.O.S. from the nearth this to be an S.O.S. from the nearth department and that those who took the course should be known as Siz-the course should be known as Siz-one of the fortunate people who know one of the fortunate people who know tinctive badge for the helpers, some- both, having been brought up in a

can understand anything or prepare anything, such as a machine, much

I would ask you to select a room convenently situated to the toilet and patient these you come in contact with the patient these you come in contact with the less the human body, that we know a after be some any struction. We are have in very few country homes. But select a room conveniently situated from the standpoint of being speak very briefly of the parts of the necessities for them, but be feeted by influenza. We are banded to the toilet that you select one that to be were taken by influenza. We are banded to the toilet and toilet the toilet and the toilet less the human body, that we know a little bit of its construction. We are human body that are likely to be al-fected by influenza. We are banded very careful that you select one that together to fight this disease, which does not enter into any of the living that it is contrary to law to cough or the because you went to isolate enter without cough or together to fight this disease, which does not enter into any of the living seems to affect chiefly the respirat-fory organs, and we are very much concerned with the hear's action. This chart shows the location, at the more right to cause our brother to least, of the organs of respiration. From with a south or southwest ex-The organs of respiration are the posure if at all possible. Nothing else the two lungs. All the internal or-both as a disinterent of the value nose and throat, the internal or-gans are controlled by what we call, the sympathetic nervous system. They are involuntary muscles; they do their work whether we are asleed or awake, whether conscious or un-conscious, and the lungs are con-trolled in that way. The action of breathing is controlled, partly, by the voluntary muscles as well. Breathing into their soundest sleep in the early All the internal or both as a disinfectant and health- ing a great many germs into the air, voluntary muscles as well. Breathing consists of the act of taking air into the chest and the letting of d⁺/out.

he chest and the letting of t./out. I want you to notice and understand he changes that take place in the thest. Notice the movement of the best. Notice the movement of the chest. chest in normal respiration, because the room with a south or southwest it is only then you can recognize the significance of the abnormal. As soon as the air is taken into the chest, and the shoulders come back, the cavity of the chest is actually When the air is given out almost magical. No disease germ can enlarged. from the chest the cavity of the stand the direct rays of the sun for from the chest the cavity of the sind the direct rays of the sun for any length of time. I see by the come to speak of pneumonia, I will newspapers they have succeeded in point out to you the difference in fluenza. There were no particulars in normal conditions. The section of the chest in diseased and in normal conditions. in normal conditions. it is very important that the or-gans of respiration should be in as good condition as possible, that the air drawn into those cavities should good condition as possible, that the air drawn into those cavities should in the will soon get a crack at him or a serum for inoculation or some specific It is very important that the as good condition as possible, that the air drawn into those cavities should be filtered and thoroly cleaned. The insee is the part of the body ther emergencies, and many a disease body i the and the for as-for as-nucous ins a en and of the to to the to to the to to the to the to the to the to the to the to the to the to to the to to the to the to to the to the to to the to to the to to to the to to to the to to to to the to to to the to to to to the to to to to to nose is prepared to fit the air for assimilation in the lungs. The mucous membrane of the nose contains a number of glands which moisten and warm the air, and a number of small which grow in a downward direction by means of which certain particles of dust are taken out of the some real mission work and convince them that they will never have a cold wash handkerchiefs. It is well to objects to it. I do not think we will be the work and convince the matter objects to it. I do not think we will a some convince the matter objects to it. I do not think we will a some convince the matter objects to it. I do not think we will a some convince the matter objects to it. I do not think we will a some convince the matter objects to it. I do not think we will a some convince the matter objects to it. I do not think we will a some convince the matter objects to it. I do not think we will a some convince the matter objects to it. I do not think we will a some convince the matter objects to it. I do not think we will some the matter objects to it. I do not think we will some the matter objects to it. I do not think we will some the matter objects to it. I do not think we will some the matter objects to it. I do not think we will some the matter objects to it. I do not think we will some the matter objects to it. I will some the matter objects to it. I do not think we will some the matter objects to it. I air before it passes into the nose. If one wishes to form any idea of how them that they will never have a cold from fresh air. It is very much easier to keep a house warm that has plenty of fresh air in it than a house closed up full of stale air. You need oxygen to get heat. You can get plenty of fresh air to enter any room, without t a draught, and if you have one or two windows in the room you can provide for good ventilation. Always try to have the fresh air enter from as near much work these small hairs perform, and of the secretions from the nose, blow your nose and look at handkerchief afterwards, upon some windy day. You should take the precaution of cleaning out these pas-sages. We should at least wash out we should at least wash out in noses sufficiently often to re-tove these little particles of dust and erms that have adhered to them. I hink that is one of the chief pre-autions that you should take to void getting even the disease your-clf any time you have been out the celling as possible. Have the win-dow down from the top if there is only the one window and up from the bot-tom of the window so that the cut-tom of the windo 1 out cur noses sufficiently often to remove these little particles of dust and germs that have adhered to them. I think that is one of the chief precautions that you should take to avoid getting even the disease yourself any time you have been out where there are a number of people. Wash out your nose. I spray with some disinfectant solution then it will pass over and prevention filter down thru the air in the room that will probably irritate. Wash it out with a normal saline solution of water. Wash it out by simply taking some of that in the paim of the hand. Ways try and have it into the nose, and gargie the throat. Keep your tech clean, wash you tech throad, same and it wash. You can the water, so as to all the tech. If you are carefully, or it into the since area carefully, or the test tacked on the floor; they are next link. It would be wise to go in with the fray you do to find that there is something link in the most and common the nose the system so that they will be discase. The air having the carefully the time at which you nave the stacked on the floor; they are next link. It would be wise to go in with the fray you do to find that there is something link in the most appetizing way, possible to find that there is something link in the most appetizing way, possible that is unceessary. Don't have set in the most appetizing way possible to have the preparing of the site and the system so that they will be discase. The air having a chart that is constance to a sufficient length of time, ath is passed that the system so that they will be the nose is usually pretty safe air to now when a preparing of the site that the nose is usually pretty safe air to an engine, and I know of no more to an engine, and I know of the of that in the palm of the hand, Of course, the sick room must be disease. Time is saved by keeping think she would be a very for an insurance company. The human body is often compared to an engine, and I know of no more apt illustration, because the human body, has to keep up a certain amount of energy, and if an engine must be stoked, and the blood stream is the in a room the more work there is to to the partient more work there is to to the partient work there is to to take nourishment, but there is nostoked, and the blood stream is the stoking material, and the heart is the pumping station. There must be pure air in the lungs, i It is an absolute if there is to be any chance whatever if there is to be any chance whatever essential, both in health and disease, if there is to be any chance whatever given to your patient. We can lite for weeks without food, days without drink, but only a few minutes with four oxygen, and it is obtained, from the air we breathe, and if we have plenty of oxygen, in the lungs, the car-blood comes from the right side of the heart thru the lungs, the car-blood is purified and the waste mat-ier is taken off. Wherever you back, wherever you have fire, mere must be there is one thing 1 want to emphasize, the fact that the circulation how are you to do it? I should say, of the blood takes place thru a series have the window raised from the bottom, place something across it in such a way as to prevent a draught blow-mix with the other dishes of the of closed tubes, and these tubes are full of liquid all the time, but it full of liquid all the time, but it is a way as to prevent a draught blow-hept circulating in these tubes by the contraction of the heart. If you force be sure that the bed is in such before, be sure that the bed is in such before, be sure that the bed is in such before, be sure that the bed is in such before, be sure that the bed is in such before, be sure that the bed is in such before, be sure that the bed is in such before, be sure that the bed is in such before, be sure that the bed is in such before that you can get to all sides before that you can get to all sides before before before that you can get to all sides before be a position that you can get to all sides soap of any kind is a germicide. you feel the impact all the way along of it. Then get a piece of white oil-The main trunk of the artery. What about the heart's action? Now cloth or a sheet, and put several thick-messes of paper between the folds of should be very careful that they are

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preventing any draught from striking the patient. In doing this you must be very careful to tuck it under the mat-tress, because if you do not there would be a little draught strike the patient. preventing any draught from striking

instants and sets in you must isolate your patient. I is inter and safer for both the nure of use in the case or that is no nor the set is no the patient is pleased and it is not and the patient. I intend to give you and the patient is pleased and it is not and the patient. I intend to give you and the patient is pleased and the patient is pleased and the patient. I intend to give you and the patient is pleased to the possible a bar for the family and try to prevant disinfecting solutions and to tell you have the set of the stating care of the prepared but I shall not do so the more inter should never be any dry sweet- int sound he are reased to enjoy it. but if the patient for make a note of it. I there should never be any dry sweet- into sound never be any dry sweet- inthe pet oal or the pet dog the stating care of the prepared but I shall not do so the abar moring. Carbolic acid used to be one may none strengt of the stating sound its price today is abar foor it is a very easy matter is when the pet oal or the pet dog it he should be abait feeting. A should be done with a clot. There should never, is a bar foor it is a very easy matter is a way to these furry and the stating must always be done with a clot. There should be any strengt of the stating must always be done with a clot. There should be any sour own and also for the sake a cotte of that all shows and you could make it in a large quanter and perhaps leeping on the bed if the ske portion whend of the should be ban in the dust. There is a very dia not the doc to should know. There should be any of these furry early and the should be chard if the should be ban in the should be ban if the should be ban in the should be any to bar the should be any to bar the should be any to bar the should be any to ba should be should

of warm water first and then add more

the body; but to dip the patient's nightdress or sheets, one in forty would be strong enough. The solution the sick room, and you must insist upon keeping these in the sick room. Articles of this kind must not be taken to other parts of the house and must not be used by other people. In the all excreta that is not burned may be disinfected. That is very important. country home you must get a wash basin and vessels to contain water, a vessel into which soiled water can tinctive badge for the helpers, some-thing on the plan of the national ser-vice badge, that will be given to those who have actually engaged in service after they have taken the end many from this class who will be country, and there will probably be a good many from this class who will be should do away with any unnecessary very long-lived and in time may react work and with any avoidable danger a water supply and in that way be called upon to render service in a of infection. We understand now that conveyed to the human family. In th country you should always insist that there be some little trenches dug in contact and make them understand ive for pears, even after it is frozen n ice, and all germs thrive in a damp dark place. A dark place may be ised to grow celery or some of the vegetables that, unfortunately, we ea incooked, and very often these geims again return to the human body Chloride of lime is also a very chear disease who coughs or sneezes is senaand good disinfectant for excreta from ne bowels or bladder. Never think of sending any line

from the patient or the patient's bed to the laundry or to the family wash* ing without it first having been dippea disinfecting solution.

After patients have been sick with any infectious disease at all, before hey are allowed to come out of quar big step in advance, and if there are antine and mix with other people they must have a thoro disinfecting bathstand what it means. Probably the child brings a few cookies in the same water bath if you cannot get the car booket with the backies in the same water bath if you cannot get the carpocket with the handkerchiefs, and bolic. I think you will always be ai distributes them around. After a perto get sufficient carbolic for that puris tributes them around. After a per-son has had a disease, things may be disinfected or washed, or put out on the clothes line, but it is very seldom that a pocket is disinfected. It is much simpler and saner, and more desirable that on each desk there should be a little paper bag and a package of small pieces of crene hanger

which we were going to take care of one at the right time. Make a note everything that was not likely to be of use in the case or that is not ne-cessary for the convenience and for the general usefulness of the room. J

and water every time you handle the tion, make a note of it; and if you amateurs is that they gra-patient, before you eat and before you find your patient is more comfort-In isolating a patient you must water to it. A strength of one in do anything for yourself. If you hav select everything that is necessary in twenty is what you would use ordinarily been near your patient always be arily for disinfecting any excreta frc. the stell room is the body: but to do the body: but to do the patient's the stell room. should always be kept on hand so that waiting on the sick. Take good care side. The patient may want to lie you are getting each all excreta that is not burned may be of yourself and you will be better in some position to ease some parluenza yourself.

I think I will say a little bit about where you are watching a case aphe keeping of a chart before we come o the actual care of the bed patient because the keeping of a chart is flace. ery important thing. I have outlined a chart. We have o' the nostrils. Altogether there is

astly, remarks. The keeping of a Mark the temperature in the column headed "temperature." Supposing we have taken a temperature at 2.30 and we find that temperature to be 102.4. Mark it down. We have counted the pulse and found the pulse to be 105 say, and the respiration, 30.0. The normal temperature is 98.4: the pulse

normal temperature is 98.4; the pulse, normally, in the adult is from 60 to 80; in the child from 80 to 100, and n the infant, 100 to 120. It is quite coffee grounds, it may have been vom-ited. Everything you notice mark in the chart. Under the column headed "Reate is greater in the child than i. marks," mark if there is something you wish to ask the doctor about. There perhaps was something you he adult, because, if you remember, the adult, because, if you remember, there perhaps was something you wanted some instruction upon; the Joctor had not explained something to you just as fully as you wanted, and when you set about carrying out in taking a child's part of you find may be perfectly normal, if you find it is 100, you are likely to think the pulse rate is much increased. The normal respiration is from 16 to 20, bat, of course, in a disease where the respiratory organs are affected, or if there is approaching a note of it.

rected, or if there is approaching a note of it. Denumonia, we may find respiration very much increased. We find our respiration in this particular case there is not so the spiration in this particular case there is not so the spiration in the spiratin the spiration in the spiration in the spiration in the s is not so much danger of it pullir ngs he will want. Everything is the chart for him to see, and it is things he will want. out and wankling. Then tuck in the Now. I have marked the next colcorners, then stretch it and bring P his fault and not yours if he does not take in, the patient's condition. to the bottom and tuck it in in the same manner If you can mitre your Then insist that the Joctor write corners, so much the better. In makhis orders on the lower part of the chart. You can have your column draw sheet. A draw sheet, as it is called, is made by taking an ordinary sheet and doubling it acros chart. You can't have your column for the date come right down to near-ly the bottom and have the docton mark the date each time he gives the order. If an order has been given and he wishes it discontinued her bins lengthwise of the sheet and putting time at which the urine has been voided, whether the quantity is scant or sufficient, of the color, and if there is any sediment, or an unusual-to give, insist that he write them so it across the bed so that it will con from the pillow, the patient's shoulders, down beyond the patient's bu ders, down beyond the patient's but tocks. Tuck it well in on one sid there is any sediment, or an unusual-ly disagreeable odor—if there is any-thing of the kind, make a note ot it. It is very important that it should be noted. Then the stools. Every time the forget just what his orders were. You that you will not be in danger of for-i that you will not be in danger of for-i that you will not be in danger of for-i out his orders very explicitly, then there is no likelihood of letting him, forget just what his orders were. You and, making it as tight as you can tuck it in on the other side. One ad-vantage of this 'is that it is more easily changed than the whole sheet noted. Then the stools. Every time the forget just what his orders were. You have the stools in the whole sheet and bowels move, make a note of it. If see, a chart works both ways. It is straighten it out so that there are there is anything out of the ordinary just as fair that the doctor should he wrinkles—for a wrinkle may cause write out all his orders to you as that you should write out al! the a great deal of discomfort. Allow bout it, make a note of it. In fact. upper sheet to come well up so that if there seems to be something very unusual about the appearance of the symptoms you have to report to the it will turn down over the rest of th doctor. The keeping of a chart is simple, clothing in the bed; then tuck it rine or stool, or its odor, or color, set it away, carefully cover it, and but it is a very important matter. tightly that your patient's toes will keep it where it is quite away from It is very much better that you pulled forward. should get a scribbling book or some-hing in which the leaves are fastened and rule the pages as I have indi-When we have the patient in he sees it. we must proceed to make her com-fortable. We will imagine that she Mark the treatment in the next col-Mark the treatment in the next col-umn headed "treatment." Supposing you have taken the temperature, and you find your patient has an abnormal temperature, and you want to reduce the temperature of the temperature of the temperature of tempera ture is going on for some days, the doctor will very probably give you a of the hair of a woman in bed. Then temperature chart to keep, or pos-sibly the doctor will plot the chart for you himself. Always mark you of the hair of a woman in bed. There at the back and put up in two braids. Don't braid the hair too first. If the hair is left hair too tightly at having a chart that is continuous from the beginning right along thru the doctor a chance it is left the greater is the difficulty in combing it. As I said be-fore, if the patient has fever or is weak, never make her sit up, simply turn her head to brush her Raise the head and divide the as evenly as you can. Lay the head down, then turn it to one side, and hold the hair while gently brushing. Then brush it all out carefully an separate it into three-just the ordin ary old-fashioned braid. Always be you are handling the bottle hold it up so that you see the label, hold the medicine glass or spoon so that it is absolutely level, and measure very is rising, take the temperature and careful to separate the hair gently and completely enough so that you will not have one or two hairs tighter than the others. Braid he hair so that if carefully, giving just exactly the see if it is. Then count the respira-amount that has been ordered. Pour Lich and pulse, and if the symptoms the patient lies on her side or bac she will not lie on her hair. Again tion and pulse, and if the symptoms seem grave enough send for your doctor. Don't be an alarmist, but say braid it rather loosely part way doctor. Don't be an alarmist, but still do not go to the other extremed Take the temperature as often as the doctor of the patient's head to the other doctor orders, which is usually every side and repeat the process. In doing two hours or every four. If you are giving medicine every this you will see the advantage o what I mentioned this morning, name hour, if you give it at 9 o'clock, put under the medicine column "9, medi-cine given." If the patient was excited after the giving of it, make a note of it. If the patient seemed depressed after giving it, make a note of it. If the patient seemed depressed hot, tired and restless, do it in the patient seemed depressed hot, tired and restless, do it in the patient seemed depressed has not had any unusual effect, you do When you first go to a patient who not need to record. Before you take a patient's tempera-ture, always look at the thermometer and see where the mercury is. Always be sure it is shaken down to 97 at | Now we have the patient comfortleast, and then put it in the patient's ably in bed and the temperature is mouth if the patient is responsible slightly high, so we will have to give Ask the patient to close his or her lips the patient a sponge bath. Before you on it. Put it well back at the side of start to give a bath always be sure the tongue and do not let the patient try to talk while it is there. Tell the that you have everything ready. s very annoying to a patient and patient he must keep still and keep the loes not show foresight on the part lips closed upon the thermometer. of a nurse if she has to stop to go and get something. Have everything is sometimes rather difficult to mak ready. You will want some pieces of Now, you must insist that the lin old linen, soft old linen torn into be closed for one minute at least; then squares to wash out the mouth, remove the thermometer from the nay use gauze, but old linen is as mouth with the right hand holding th good as anything. Use a piece of an old towel for a wash cloth as it can glass end of the thermometer-neve ouch the mercury part-read it, and disinfected, boiled or put in the then put it in the vessel you have preun and it will be sweet pared. The proper way in a private he next time you want to use it. said a good deal this morning ferent medicines to be given at dif- bottle or a glass. A vaseline bottle is (Concluded on Page 11).

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ferent times, be sure you give the right as nice a receptable as you which we were going to take care of one at the you have given the me-our patient, and we emphasized the necessity of removing from the room. everything that was not likely to be carefully at first and also a short time there is no danger of break Have alcohol or a solution of di , and put the ther-You should have the bottom so that there is no danger of breaking the thermometer, and leave your the mometer there until it is wanted again Then you can take it out, and shakin down put it in your patient's me That is the way you take a ten ture if your patient is responsib the patient were not responsible, were an adult, semi-conscious or lirious ,or a child, take the temp in the rectum. In a child, always the temperature in the rectum. treatment of the thermometer in case is practically the same. Now we come to the pulse.

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remperature, of course, is the activities heat of the blood stream of the boo the pulse is the impact of the beat as the blood is forced int arteries. In the case of an adult count the pulse at the wrist, and doing this count the pulse with ball of the finger. One difficulty with amateurs is that they grasp too fir able lying in some unusual position, ber up try to retain him in that position by over the ber up your fingers and place the over the wrist and roll them gently in careful to wash your hands ver; the aid of the pillows. For instance, ward, and when you are sure you f thoroly. I think that is one of the if a patient is getting an intense pain the impact under your finger, look thoroly. I think that is one of the infection if a patient is getting an intense pain most frequent ways in which infection in the side, he will nearly always your watch—and it should be one with a second hand—and when you are sure sure you are getting each throb of the you are getting each throb of the second hand—and when you are sure you are getting each throb of the you are you of yourself and you will be better able to take care of your patient and not at all likely to contract the in- Notice the expression of the face; count, and if is better to the Notice the expression of the face; count and if is better to the solution of the solution count, and it is better to count for That is very important. In any case minute.

In counting the respiration, try to proaching pneumonia, there is nearly, always a change of expression of the do it without letting the patient know The patients know when you are takface. The patient looks anxious and worried, and there may be twitching ing the temperature; they cannot change their heart beats, these are I have outlined a chart. We have of the nostris. Altogether there is controlled by the sympathetic nervous the date, the hour, the temperature, the date, the hour, the temperature, Make a note of any of these things. System. But they can alter the rate the pulse, respiration, urine, stool. Notice if your patient is restless. If your patient, who has been fairly of their breathing. If I were to say chart, and to learn to observe care-fully and intelligently everything con-cerning your patient is one of the mos and the first column, you put the da. In the column. Mark the temperature in the column Mark the temperature. In the column. Mark the temperature in the column Mark the temperature. In the column. Mark the temperature in the column Mark the temperature in the column Mark the temperature. In the first column date in the column Mark the temperature in the column Mark the temperatu often you breathe to the minute." it would be impossible for her to breathe naturally. Count without letting the

It is sometimes very difficult to get a child to give you its hand long enough to count the pulse by the wrist, but if you put your hand over heart you can count it very easily. In the case of an infant you can watch the case of an infant you can watch the rise and fall of the fontanelle, or you can watch the neck, but it is very much better to put your hand over the

a aight dress ready. Alway: tient's eyes, was uncomfortable, You will likely around the house ful and dissolution water. When that it is perfe a couple of t take a piece of putting the thu upper and lowe fall in on the Never use the the mouth. 1 want to spe of the mouth high fever in fluenza the lips sometimes the tongue. There mouth. You mouth thoroly. make a wash so nouth moist an fortable hot feel gaycerine, lister times a little gly juice is a very a softens the much lemon juice s suliva from th careful before to take nouris the mouth is portant that should be thou Always wash the face caref the neck gently don't forget to creases around the chin and th Now we have face and we ar next. Our patient uncover her going to uncov ath This arm the night dress. other under the tu slip our ba this arm, putti we have our wa ready. We dip it. Begin with well and wash finger and righ axilla. Wash Wash it out we Then we wring wash all that of bath towel rig ve just throw Leginning with from the finger that absorbs sume time empt sels. Then rapidly with a sage movement, tremity toward have washed want to wash take cur bath the body. We it fairly moist. that we hold t bit and we was we are not washing the towel there in down on the good massage. body in that we hair legs and do just arms, keeping cept just the We washing. under and was to the body in Then you must back. Now, the ing on her back her over. and who is very il helplessly. a nervous chill over. and left ing to suppor is on the brink has to hang on a pillow in fro arms will be back must be on which the p do not keepit keep up the cil probably be dis sore. So the h very thoroly, buttocks a end of the spin with soap and and then give i the parts tho the circulation to be much dis alcohol or met good idea to gi you haven't your hands. Do alcohol or meth rubbed on, but with your hand slowing. Now bathed, and the You dress. We just dress from th sleeve. Then full width of the side, Havi and clean side. Hav difficulty in

Then we

What about the heart's action? Now nesses of paper between the folds of the pulse, of course, is caused by the the sheet and put it over the head of heart of the heart, and by feeling the pulse we can tell the condition of the heart, the regularity with which it that. You can see what a neat little heats, whether the beat is full and hood it makes over the top of the bed. ing solution before they are used, and whether there seems to be an allowing a good circulation of air but aways insist on having plenty of dis-

in the most ible; put the to use first course the ed with warm Med or boiled. s be thoroly ce allowed to the mose and gargle the throat before allowed to the mose and gargle the throat before the the the the most and gargle the throat before the the the most and gargle the throat before the the most and gargle the throat before the the the most and gargle the throat before the the most and gargle the throat before the the the most and gargle the throat before the the threat before and gargle the throat before the the most and gargle the throat before the the the threat before the the the threat before the the threat before and gargle the threat before the the threat before the thr water and soap, or scalled or boiled. and they should always be thoroly The basins and the towel, of course, a sip of water than if you tried to must be kept in the room, and you absolute cleanliness.

This afternoon we are going to up the care of the bed

which I am illustrating to be 30.

umn, "urine,' and it is very important that you should make a note of that and of the excretions from the body. if there is very much fever or poison in the system, the urine will probably ecome scanty, high in color, and if it is, it is important the doctor should know it. Always make a note of the

patient, make a note of that; take the temperature again, and see if it comes down. 'In giving medicine, always note very

think she would be a very good risk. In giving medicine, always note very carefully the time at which you have

amount that has been ordered. Pour it out of the neck of the bottle on the label will not be discolored by any

giving pills or powders to an 'adult I think the average adult would much rather have you simply put the powmix it in jam or anything. For a child, you have to try to disguise the medicine, if it is anything unpleasant. and the child is not amenable to advice. But, when you have given note carefully the time at which it tak has been given. If there are two dif-

LECTURE NO. 2. The Bed Patient

patient.