



CARE OF THE SICK.

Two of the most difficult things an amateur nurse finds to do is to bathe and change the bedclothes of her patient without exposing them to the chance of taking cold. It is a most necessary thing for any woman to know, as there are times when a trained nurse may not be attainable, and life or death may depend on the way the work is done.

Take the under sheet, roll it lengthwise, that is, begin at the side. Push soiled sheet and all coverings toward the patient, leaving the mattress bare. On this lay the clean roll; tucking one side under the mattress, unroll it toward the patient and move him over the roll on the smooth space, keeping him covered with the top blanket; to the other side of the bed pull out under blanket and soiled sheet; finish unrolling clean sheet and tuck it in. Lay the clean upper sheet over the top blanket and cover it with another blanket and then the white counterpane. When these are in place remove the blankets that are next the patient, and he will be left lying between clean sheets, in a clean night-dress, and thoroughly bathed, without having been exposed an instant to the chance of taking cold. See that the air of the room is kept pure and sweet. If the window will open only at the bottom, place a screen between it and the bed; if you have no screen, improvise one by fastening a cord between two convenient points and hang a blanket over it. The pillow-case should be changed frequently, and keep the pillow well under the shoulders; nothing is more tiring to a weak person than to have the edge come just under on the hollow of the neck, throwing the chin forward on the breast. Gently comb and brush the hair, and if there is a beard, keep it washed and free from tangles. If the patient is a woman, part the hair and braid it in two plaits.

If the carpet cannot be removed, sweep it daily with a carpet sweeper or a broom with a cloth wrapped around it, and burn the dust. Wipe the woodwork and furniture daily with a damp cloth. Never leave milk standing in a sick room; it quickly absorbs impurities. If obliged to wait for a few moments until the invalid is ready to take it, cover the glass containing it. Make it a rule to leave nothing in the sick room that is not positively needed there. Remove every cup, glass and spoon as soon as used, and wash all bottles when they are empty. Keep the little table beside the bed covered with a white cloth and see that it is always spotless.

Be as cheerful as possible and try to leave worries on the other side of the door. Even when one is very tired and anxious, a resolute effort of the will enables one to do much to overcome the tendency to show it. A calm nurse calms her patient, and nothing helps on recovery like a mind at rest. Remember while there is life there is hope, and never give way to despair while life remains. Many a person who has been given up to die has recovered to years of usefulness. Keep up the nourishment as long as it can be swallowed; it may be just the stimulation that is needed to turn the scale from death to life.

A good way to keep ice in the sick room has recently been recommended. Put a saucer filled with shaved ice in a soup plate, and cover it with another plate. Place the soup plates thus arranged on a good heavy pillow and cover with another pillow, pressing the pillows so that the plates are completely imbedded in them. The saucerful of ice may in this way be preserved for twenty-four hours with the thermometer in the room at 90 degs. An old jackplane set deep, so as to cut a thick shaving, is a good thing to shave the ice with.

Don't lose your head when with cases of bleeding from the lungs; they very rarely prove immediately fatal. Prop the patient up in bed and give him small pieces of ice to swallow and a quarter of a teaspoonful of tincture of ergot every hour until your physician arrives.

It is so easy to spare one the noise of putting coal on the fire by putting the coal in a paper bag

and laying it on, instead of tumbling it in from a coal hod.

A careful nurse does not knock against or in any way jar the invalid's bed.

A sick person's appetite is capricious. Do not ask what she will have, but prepare the food with as much variety as is allowed, and present it.

The sight of much food often destroys one's little appetite. Prepare but a little, present it daintily, and remove remains at once.

Never allow unpleasant odours to hang about an invalid's room. Hangings of all kinds should find no place in the apartment, and the bed clothing should be sheets, blanket and counterpane, never "comforters," or any sort of quilt that cannot be frequently replaced with a fresh one.

A few bits of charcoal placed about a room absorb evil gases. Some coffee beans burned on a piece of paper deodorize a room.

Unless one can have all the liquid he wishes to drink, offer him only what he may safely take. One is better satisfied to drain a glass than to have it taken away partly full.

Above all a nurse should be careful, not a "talker," calm and firm.

THE JACQUES CARTIER MONUMENT.

The *Canadian Architect and Builder* contains the following account of the Jacques Cartier monument:—

The site of the monument is on the north branch of the St. Charles and immediately overlooking the river with the city of Quebec in the background, an excellent view being obtained of its principal points of interest. Nearest is seen St. Rochs, then the suburbs of St. John surmounted by Mount Pleasant, and away to the east, the Parliament House, the Upper Town and the Battery, the Basilica and Laval University. The monument is surrounded at some distance by an iron railing, which encloses, however, a space considerable enough to contain several hundred people.

The monument, which is erected in the centre of the enclosure above described, is about 24 feet high. It is almost square in form, measuring 8½ feet at the base and 3 feet at the summit which has quite an ornamented cornice. Below the cornice, the granite of which the monument is composed, is polished on each of its four sides. On the north face is found Jacques Cartier's shield with the device: *Semper fidelis*, and immediately below, the following inscription:—

JACQUES CARTIER
ET SES HARDIS COMPAGNONS
LES MARINS
DE LA GRANDE HERMINE
LA PETITE HERMINE
ET DE L'EMERILLON
PASSÈRENT ICI L'HIVER
DE 1535-36

Below this is the crest of Lord Stanley of Preston, Governor-General of Canada, and device: "*Sans changer.*"

On the east side is this inscription:—

LE 23 SEPTEMBRE 1625
LES PÈRES
JEAN DE BRÉBŒUF, ENNEMOND
MASSE, ET CHARLES LALLEMANT
PRIRENT SOLENNELLEMENT POSSESSION
DU TERRAIN APPELÉ FORT JACQUES-
CARTIER, SITUÉ AU CONFLUENT
DES RIVIÈRES ST-CHARLES ET
LAIRET POUR Y ÉRI-
GER LA PREMIÈRE
RÉSIDENCE
DES MISSIONNAIRES JÉSUITES
À QUÉBEC

Below is found the crest of Lieutenant-Governor Angers with the device: *Par droicts chemins.*

The south side is surrounded with the arms of the *Cercle Catholique de Québec*, representing the Sacred Heart, with the device: *In manifestatione veritatis* and this inscription:

LE 3 MAI, 1536
JACQUES CARTIER
FIT PLANTER À L'ENDROIT OU IL VENAIT
DE PASSER L'HIVER UN CROIX DE
35 PIEDS DE HAUTEUR PORTANT
L'ÉCUSSON FLEURDELYSÉ ET
L'INSCRIPTION
FRANCISCUS PRIMUS DEI GRACIA REX
REGNAT

Below the inscription is the crest of Cardinal Taschereau and the device: *In fide, spe et charitate certandum.*

On the west side is engraved a palm with the names of the Jesuit martyrs, Jogues, Garnier, Masse and De Noue, at the right, and Brébeuf, Lallement, Buteau and Daniel on the left. Below is the shield of the Jesuit Order and the device: *Ad majorem Dei gloriam.*

The monument was designed by Mr. E. E. Taché and executed by Mr. J. A. Belanger. The granite of which it is composed comes from the quarries of Migwick, on the line of the Quebec & Lake St. John Railway.

CANADA'S WHEAT PRONOUNCED THE BEST BY THE HIGHEST SCIENTIFIC AUTHORITY.

At the last meeting of the Society for the Promotion of Agriculture, in the University of Toronto, Prof. Kedzic, of the Michigan Agricultural College, in the president's chair, Prof. Saunders, of the Experimental Farm, Ottawa, read a paper entitled "Notes on wheats grown as single plants at the Experimental Farm, Ottawa, Canada." Since the organization of the Experimental Farm, Professor Saunderson said, attention had been given to wheat growing, and seed wheat in great variety had been obtained from many different parts of the world, and observations made on their periods of ripening, productiveness and relative quality. The Fife wheats deservedly class with those of the highest quality on account of the large proportion of gluten they contain, their bright colour and their covering yielding in the hands of the millers a large proportion of what bakers call "strong flour," from which white bread of the highest quality can be made. Ten samples of Fife wheat from Canada and the United States were grown and these gave an average of a fraction over twenty-five heads to each plant and twenty-five kernels to each head, with a yield of 731-fold. It is worthy of note that while five samples of wheat from the United States yielded an average of 550-fold, five samples from the Canadian Northwest yielded 712-fold, from which it would appear that the Canadian Northwest had more vitality and vigour, sufficient in fact to make a difference of over 65 per cent. in the yield. From official returns it appears that the average yield of wheat is much higher in Manitoba and the Canadian Northwest than in the Northern and Western States. While this might be partially due to the quality of the soil, it would appear to result mainly from the inherent vigour of the seed, and the conclusion to be drawn is that Canadian wheat is much better for seed. Russian wheats rank next in importance, but the Indian wheat tests proved less prolific. Experiments are being carried on at experimental farms at Brandon and Indian Head, which will throw further light on this important subject.

THE ELLIOTT SETTLEMENT NEAR BRANDON.

BY PROF. HENRY TANNER, F.C.S.

In the Elliott settlement, which is about thirty miles to the south of Brandon, in Manitoba, we have another typical group of highly successful farmers. These generally have 320 acres of land each, and although the settlement was only commenced three or four years since, yet, as they commenced with moderate capital, they had nothing to impede their success. Substantial dwellings, school-houses, churches, and stores well filled with merchandise, are to be found all over the settlement, and last winter over 100,000 bushels of wheat were sent from here to Brandon for sale. As we approach Brandon we enter upon a still larger class of farms about 640 acres in extent. Those belonging to the Hon. Mr. Sifton, Mr. Whitehead, Dr. Fleming, and Mr. Johnson, may be taken as typical cases of farms, which were speedily rendered complete by their owners, and forthwith brought under successful cultivation. In all these cases, the profits on two years' cropping would repay the purchase of the property, and also the outlay for improvements. Other lands in the same district were farmed under a different arrangement, as for instance Mr. McBurnie's farms. He purchased 4,000 acres of land, it was enclosed, ploughed and backset ready for sowing, convenient residences and small farm buildings were erected, and these farms were then let to tenants at a moderate rental, which thoroughly well remunerated both the owner and the occupiers.

BAND OF THE 95TH BATTALION, BRANDON.—This engraving reminds our readers that, as we have hinted elsewhere, Brandon is lacking in none of those agencies, social and patriotic, that go to the making of our complex civilization. That it should boast such an institution as this band, after but seven years of civic existence, speaks well for the musical taste and skill, as well as the military ardour, of the citizens. And such young bandsmen!