

HINTS FOR THE SICK ROOM.

THE NURSE'S DRESS.—It should be as simple as possible but always perfectly neat. You can use a broad-soled low-heeled shoe with greater comfort than a slipper affords; as the shoe supports the ankle and the muscles of the foot, you do not tire soon; but beware of a squacking shoe!

When you first begin your nursing, select a half-worn dress, take off the overskirt if possible, but at any rate it must be shorn of all superfluous trimmings, fads, and fashions. If there are any ribbon ends to dangle in the patient's face or tickle his hands while you are administering food or medicine, they must be cut off, and the only ornament permissible is the brooch at the throat.

Woollen dresses of dark color are best in winter, but summer patients enjoy the sight of the nurse's plain, fresh muslin. Many mothers keep a dress of blue flannel, loose waist, loose sleeves buttoned at the wrist, and plain round skirt. Such a dress is invaluable in times of stress, and is always good as a morning dress where young children require much of the mother's attention.

An apron is an indispensable. It should reach to the hem of the skirt, and be wide enough to almost meet behind. It should have a large bib which is to be fastened on the bust by safety pins. A working apron for the most soiling part of nursing can be kept at hand. This should be made with long sleeves and high neck, and it is well to keep the hair covered with a net, or so smooth and tight that no wandering hair can by any possibility fall into the face of the patient or into his food.

As sleeves are rarely made so that they may be rolled back, an oversleeve of gray linen should be worn, reaching to the elbow, and fastened there with an elastic band. If you do not happen to have any of these oversleeves, there are the Japanese straw cuffs, ugly, but useful, at 6 cents a pair, and you can find rubber sleeves, uglier still, at 25 cents a pair.

The dress for the night should be almost the same as for the day, during that long period of unceasing care, but you may find it a relief to take off your corsets for an hour or two, putting on a warm double wrapper, and to replace your shoes by a pair of warm felt slippers with felt soles.

Always keep a wrap within reach so as to provide further against the deadly chill of the early morning, and the wrap should be something with sleeves, not a shawl to slip off with every movement.—*Ladies' Home Journal.*

DISENTANGLING THE HAIR.—In cases of long and severe illness, the hair must sometimes be left uncombed for weeks, and the tangle resulting is dreaded by nurse and patient alike when the time comes for attention to it. A never-failing remedy is said to be pure alcohol. Take the hair in little strands and wet thoroughly with the alcohol, then brush and comb very carefully, and the hair will be saved, very little of it coming out.

A COOL CLOTH WITHOUT ICE.—

One of the most useful hints for sick room attendance is very seldom known outside of a hospital ward, and not even there in many cases—how to obtain a cold cloth without the use of ice. Every one knows that in fever and weakness, a cold cloth on the forehead or face, or base of brain, is one of the most comforting things in the world. In the tropical hospitals, and where ice is scarce, all that is necessary is to wet a linen cloth, wave it to and fro in the air, fold it and place it on the patient. Have another cloth ready, waving it to and fro, just before applying it; these cloths have a more grateful and lasting coldness than those made so by the burning cold produced by ice.—*Ladies' Home Journal.*

DIPHTHERIA is the most dreaded form of sore throat. It is a constitutional disease, a form of blood poisoning, but the symptoms usually begin in the throat. The whole surface is inflamed and swollen, and here and there either on the tonsils, the soft palate, or the surrounding tissues are patches of membrane, either gray, yellowish, or white. There is difficulty in swallowing; the patient is feverish and very much exhausted. The doctor should be sent for at once, and every direction that he gives carefully followed. The throat is usually washed constantly with some disinfectant solution, applied by means of a long-handled brush, or a little mop made of cotton fastened on a small stick. It is very hard to be obliged to make the sick person submit to this treatment, but the only hope is in carrying it out faithfully. The diet must be the most nutritious that can be obtained: beef juice squeezed from raw meat and mixed with cream, raw eggs beaten light with a little water, milk and white of eggs shaken together, milk and brandy or whisky, oyster broth made with milk the oysters finely chopped in it; when the patient cannot swallow, peptonized milk and beef juice mixed with pancreatine, and given by means of enemata.—*Ladies' Home Journal.*

Bishop of London on Temperance.

Presiding on January 28th at a meeting in connection with the National Temperance League, the Bishop of London said they wanted the people to thoroughly understand the question of Temperance in all its bearings. There was no desire to keep anything back, but rather that the fullest light should be thrown on the question. There were vast blunders made on all sides as to the effect of alcohol. Some thought that they could do more work by the use of these drinks, but total abstinents knew better. Men of science had changed their opinions; and all change was in the direction of total abstinence. There was a time when insurance offices would not insure an abstainer, because they considered his life was not a safe one—they thought a man must succumb if he did not take alcoholic drink. But now there was not an insurance company that could raise such an objection. On contrary, they would take an abstainer on more favourable terms than a drinker.

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