

## VALUE OF THE TRAINED NURSE.

## EVERYTHING QUICKLY DONE.

"It is a marvel," comments a woman, "how the sick and those who cared for them ever-endured their burdens in the days when trained nurses were, if not unknown, so rare as to be practically unobtainable. I studied one who entered the sick room of my son after I officiated for two days. Her ministrations were wonderful in their soothing effect, yet apparently she did only the things I had been trying to do. It was her promptness, for one thing, that was a great efficiency. She wasted no time, never announced anything she proposed to do, but did it at once. Was he hot and restless, she slipped a crumb of ice into his mouth, gently sponged his face and hands, with no effort on his part, got him over to the fresh pillow and cool side of the bed while she smoothed the rumpled linen in readiness for his return when the next change was needed. She never worried him by saying: "Now it is time to take your temperature," or, "You must have your tablets now," she simply went to him quietly with the thermometer or glass of water, and before he knew or dreaded it, the little ordeal was over. She evolved order out of the chaos of the medicine table; boxes and bottles, spoons, cups, and bowls, were put each in a place where they always remained during her stay when not in use; the light of the room was toned down, order and quietness were everywhere, and everything was done, while apparently she was never busy. It was such a relief to resign my sick to her trained, alert intelligence, against which my care suddenly stood out in all its awkwardness and inefficiency."—*Exchange*.

## HINTS.

*Ferrum pic.* is one of the successful remedies for noises in the ears that are so annoying to many.

*Ferrum plus.* is one of the remedies for earache; cases of acute catarrhal inflammation.

For muco-purulent discharge from the eyes, margins of lids inflamed, itching, *Petroleum*.

"*Sepia* must always be remembered as the great remedy for constipation after child-birth," Dr. Jos. C. Guernsey.

If you have used your eyes too much *Ruta* is the remedy.

Painful stiffness, loss of power of fingers, has been cured by *Comium*.

Rheumatism that ceases on becoming warm in bed, but begins again when patient gets up, may be cured by *Causticum*.

Rheumatic troubles of all kinds, *Calcarea phos.* Gouty joints, *Berz. acid.*

Chronic pains around the joints, especially the elbow joints, *Zincum*.

A small quantity of food causes satiety and sense of being full to the throat, *Lycopodium*.

Acidity heartburn and dyspepsia, *Lycopodium*.

Intense pain, *Magnesia phos.*

Moist eruptions, *Graphites*.

Yellow brown spots on the skin with itching, *Sepia*.—*Homœopathic Envoy*

## THE DAISY IN MEDIÆVAL MEDICINE.

In the medicine of that time (14th century,) and of some centuries later, the daisy was considered to have a cooling, moistening, and healing power, good for sore eyes, and most especially for inward hurts, broken hearts for example. It was wonderfully good, too, for the head, and for lame limbs. It cleansed the system, set flowing again the thickened juices. Only to hold a daisy in the hand was thought to cure spitting of blood or bleeding at the nose, and its soothing and invigorating power, long after Chaucer's time, was so much honoured, that an enthusiastic army physician said he would wish to have the praises of the daisy—that, in all fields and meadows, summer and winter, remains by God's merciful provision fresh and green for the use of men—inscribed on every gate and door, for the good of the poor harvesters, who might save their lives instead of killing themselves with raw and cold drinks; for they would get, even before they left the field, immediate relief and comfort from the daisy. In this manifold sense Chaucer, accepting the praise of the daisy made the flower the type of Alcestis, of true womanhood. In humility, in its white purity, in its even faithful following of the light of the sun, whereof it bore the image at its heart, it was the cleanser of all perilous stuff, restorer of the clear current of life, healer of wounds, soother of pain.—*Morley, 'English writers.'*

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