

all diseases,—should make out a written schedule, so that there can be no possible doubt as to the orders. Some years ago I had an important patient suffering with typhoid fever, who, I believe, was killed by a mistake of the nurse. It certainly was a very distinct solace to me that the orders of the nurse were plainly written. It was absolute carelessness on her part. In all cases of disease the orders for the nurse should be written. A schedule should be made out. We may start at eight a.m. with breakfast. At nine o'clock the bath may be given. In giving the bath it is essential that the patient should be absolutely nude, and she should be put between blankets. The water used should be as hot as can be borne. Unless otherwise directed, it is better to add a little heartshorn or ammonia to the water, rather than to use soap. From one-half to one ounce of ordinary aque ammonia may be added to the small bucketful of water. This will leave the skin soft and in better condition than if soap has been freely used. The bath should occupy about thirty minutes. In most cases the patient is much better if rubbed with ice immediately after the bath or during the bath. This is not to be done unless ordered by the physician. If ordered to rub the patient with ice, you do not take a great ice berg, thrust it on the skin of the patient, and then go to sleep. You take a piece of ice, and, with an up-and-down motion, rub it over the limb until the whole surface has been covered. Then dry with a coarse towel. You will find that under this treatment the pale, muddy skin rapidly becomes pink. We have no power equal to this use of hot water and ice in drawing the blood to the surface of the body and in stimulating the skin.

At ten o'clock the patient may have massage. At eleven o'clock milk or some food will probably be ordered. At one p.m. dinner will be taken. Medicines, if employed, are to be put in their proper places. At four o'clock electricity may be employed and a glass of milk given. At five o'clock supper will be given. Seven or eight o'clock will be bedtime. Usually the patient is in bed all the time, but I think patients progress more rapidly if they are permitted to be up a portion of the time.

In making the toilet of these patients never allow them to do up their hair. The great mass of hair which many women have is in itself a labor to comb, and the holding up of the arms is especially tiresome, yet frequently this is one of the points on which patients are most stubborn. In a case of strict rest-cure, you must cut up the food of the patient, and see that the patient does not feed himself or herself. These are the cases in which the method is being used in its utmost strictness. If you have not had definite instructions with reference to these points, ask the physician what he wants you to do.

The hours of the day are twenty-four, but when a person is confined to bed they seem to become forty-eight. In this method of treatment there is so much to be done, in the way of bathing, massage, and electricity, that much of the time is past without the patient knowing it. There are, however, hours for which it is better to provide some amusement for the patient. I think, therefore, that every nurse, or every nurse who hopes to reach the highest point in her profession, should study the art of reading. The matter read is to be selected by the physician. It is very easy for the patient to tyrannize over the nurse who reads to her. A nurse recently told me that she had to read seven hours to the patient. This is tyranny, and it is the business of the physician to protect the nurse as much as it is his business to protect the patient. There is, perhaps, nothing which develops selfishness more rapidly and thoroughly in human nature than does a long period of chronic invalidism.

What I have been saying to you applies especially to the treatment of chronic diseases, but it seems to me to be a matter of importance that you should have a clear idea of the application of the same principles to acute diseases. It also seems to me important, in order that you may be *en rapport* with the medical profession, that you should have some understanding of modern therapeutics and ways of treatment. Therefore I shall at this point branch out a little from the discussion of my main subject, coming back to show you how rest comes into the treatment of all diseases. There was a time when medicine was a purely empirical, dogmatic art. There is of necessity still much of dogmatism and empiricism in the practice of medicine—that is, we are forced to do certain things because experience has taught us that certain things do good—but every day are we, as scientific physicians, getting the power of treating disease intelligently and rationally. Perhaps the greatest nuisances that the doctor ever encounters are those amateur doctors, usually, I am compelled to say, of your estimable sex, who think that they know medicine; the amount of their conceit is in direct proportion to the depth of their ignorance. Under these circumstances you will find that the great stronghold out of which no argument will drive these amateur triflers with life is, “I have seen, and therefore I ought to know.” Once I was in the smoking room of a trans-atlantic steamer, and there was one of these pestilential creatures there, who this time wore a hat. He was continually bothering me with questions as to the why this and that man had been cured by this or that irregular practitioner after regular physicians had failed. Finally, after I had for some time dodged his questions to the best of my ability, a little Frenchman spoke up, and said to the questioner, “Your talk reminds