

The Home Doctor

On Nursing Infectious Cases

I want to tell you how best to prevent the spreading of those infectious illnesses popularly known as "catching," such as cholera, small-pox, typhoid fever, scarlatina, measles, etc. When one of these breaks out in a house, our first thought should be, at any cost, to prevent its spreading, first in our own house, and then amongst our neighbors.

Now, in nursing any catching illness, it is a help to remember that there are various ways in which the seeds or germs of the disease may leave our patient, and then escape either to find fresh victims at once, or to hide in dirty corners for weeks, or to lurk in dark cupboards perhaps for years, or to thrive and multiply in drains, always ready to poison the air we breathe, or the water we drink. These seeds are all the more dangerous because they are far too small to be seen with the naked eye, and so our aim must always be to kill them outright at once, before they can find a suitable soil to live and multiply in, and so spread and do more harm.

Now we will consider how best we can prevent the spread of these little seeds, remembering that they thrive best in dirty, stuffy rooms, in heaps of refuse, drains, etc., and that our best friends in fighting them are—

- (1) Fresh air and sunlight
- (2) Hot water and soap.
- (3) Carbolic and other disinfectants.

Let us suppose that there is a case of bad infectious illness in a cottage, and think how much a sensible woman might do to prevent its spreading. I say in a cottage, because, as a rule, in towns fever patients are sent at once to the hospitals. The first thing is to isolate the patient; the nurse should put on a cotton dress, and arrange that no one else is to go into the sick room. She must, before the patient is brought into it, clear the room of curtains, carpet, boxes, and all furniture that can be spared, or anything that would harbour dust, especially "clearing out" under the bed and inside cupboards, and chests of drawers. If, however, the patient has been ill in the room for a day or two before the nature of the illness is known, it would of course be a mistake to spread the furniture over the house.

In many cases—for instance, small-pox and scarlet fever—it is necessary to hang a sheet wet with carbolic outside the door of the sick room. It must be kept constantly wet. This can be done with a garden syringe, or by placing one corner of the sheet in a basin of carbolic put at the hinge side of the door. Some doctors order this isolation sheet to be hung up for cases of measles and diphtheria also.

And now to return to our sick room. It must be well scrubbed with hot water and carbolic soap once a week, and the floor is to be wiped over every day with a duster dipped in the carbolic and water. Everything used in the room must be kept in it, and not carried about the house, or touched by anyone except the nurse.

A cloth dipped in carbolic should also be put all over any utensil that has to be carried through the house to be emptied, and some carbolic used in cleansing it. The nurse should wash her own hands often, using hot water, carbolic soap, and a nail-brush, and be very particular to do this before taking her own meals, which she ought not to have in the sick room. She must also be careful to brush her teeth well and frequently. It is important for her to take care of her own health, therefore she must get as much fresh air, good food, and rest as possible.

After all, fresh air and sunlight are the best disinfectants, so we must get as much of them as we can into the sick room, and it is very important to remember that no amount of disinfectants can take the place of perfect cleanliness.

Ingrowing Toe Nail.—Heat tallow in a spoon until hot. Pour on the granulations. When inflammation subsides pare away nail at sides.

The Baby

By Dr. Leonard Keene Hirschberg, A.B., M.A., M.D. (John Hopkins)

The way to rear up children does seem fitting to many mothers these days. They do know how, you will say. Perhaps they do, but do they do it? It is true every mother will see that her child has food, but that is not all that is necessary. Utensils such as bottles, spoons, cups and all the dishes, which are used in preparing the baby's food, play an important role in the baby's life, and must therefore be thoroughly cleansed. A weak solution of boracic acid is good for this. The death of many babies is caused by infectious diseases which have been developed by neglecting to care for such things. Other important articles in the baby's commissariat are the nursing bottle and the nipple. Whether these be used for water or artificial food, they should be immersed in boiling water for five minutes, at least, every day, and when not in use they should be kept in a covered glass filled with the same solution which is used for cleaning the utensils.

Mother's milk should be given to the baby whenever it is possible. A baby nursed by its mother is far less likely to take scarlet fever, chicken pox or measles as is a baby nourished by cow's milk. No chemical foods have the same power as does mother's milk which seems as a medicine to the child, that is, mother's milk gives to the baby some part of her own power to resist disease. Then, to make the child healthy, the nursing mother should be careful of her own food. She should eat plenty of simple, nourishing food and avoid all stimulants particularly alcohol. Eggs and vegetables should be her main articles of diet, but meat should be eaten sparingly. Plenty of milk should be substituted for coffee and tea, and plenty of cooked fruit rather than raw.

Unfortunately illnesses or infectious diseases, such as tuberculosis make it impossible for nursing. If the mother be a consumptive, the child should be taken from her at once, or it would have the same battle for life as the mother. During any sort of illness, slight or serious, the child should be weaned. While the baby is nursing the mother should avoid all excitement, and have as few household cares as possible, as the supply of milk will cease under such circumstances or render the milk unfit for the baby's stomach.

The average American woman, especially in large cities, is far from perfect physically and should not, after the baby's birth, go around until the end of the third week. Then she may be permitted to take a short drive or walk, increasing her

For men -



-who are used to a close shave

—who count it a necessity, and for it daily sacrifice much precious time—the Gillette Safety Razor is a friend indeed.

Its strokes are so free and velvet-smooth that at first you can scarcely realize how clean a job it is making. With it you can finish shaving while you would be getting an ordinary razor stropped, or waiting for the call of "Next!"

A turn of the handle adjusts the Gillette for the lightest shave on a tender skin or the closest work on a heavy beard. It is always adaptable to the moment's need, and always ready—no stropping or honing. Wherever there is soap and water, it will shave you with safety, comfort and despatch. Don't go on wasting time and missing comfort—get a

Gillette Safety Razor

"Bulldog", "Aristocrat", and Standard Sets \$5.00—
Pocket Editions \$5. to \$6.—Combination Sets \$6.50 up.
At Drug, Jewelry and Hardware Stores everywhere.

Gillette Safety Razor Co. of Canada, Limited

Office and Factory—
Gillette Bldg., Montreal.



Can You Answer the Question?

Why should any piano be called "Canada's Biggest Piano Value?" That statement is either true or untrue. If not according to the facts, any firm making it would quickly suffer the consequences of misrepresentation.

If true, then the firm whose piano is indisputably the best value for your money, should receive your consideration. We do not hesitate to claim that we furnish in the

SHERLOCK-MANNING ^{20th Century} PIANO

"Canada's Biggest Piano Value"

and we stand ready to prove. In producing the Sherlock-Manning we use the highest grade action, hammers, strings, etc., have unequalled facilities and employ highly skilled workmen.

We sell a piano of highest quality for \$100 less; and it is the \$100 saving that makes the Sherlock-Manning Piano truly "Canada's Biggest Piano Value."

Let us send proofs. Write Dept. 14 for our handsome Art Catalogue A, to-day.

The Sherlock-Manning Piano Company, London (No street address necessary) Canada



Louis XV—Style 80

The Winnipeg Piano Company, 333 Portage Avenue

carry a complete assortment of Sherlock-Manning Pianos and Organs. Catalogues and prices mailed free on application. Easy terms of payment arranged.

When writing Advertisers please mention The Western Home Monthly