

Ontario Women's Institutes



GEORGE A. PUTNAM
SUPERINTENDENT
PARLIAMENT BUILDINGS, TORONTO



Masque of Empire

BY courtesy of Miss Agnes Deans Cameron, we are publishing a photograph of the Canadian car as it appeared in the Masque Imperial at the recent Festival of Empire in the Old Country. Miss Cameron says of the pageant and the chief figure therein:

Canadians in London and Canadians at home are justly proud of their countrywoman, the Marchioness of Donegall, who so gracefully personified "Canada" in the Masque Imperial at the Festival of Empire this season. It shows commendable patriotism for a society woman as popular as Lady Donegall, with the ball at her feet, to be willing to give up her leisure to repeat again and again her part in the Masque Imperial. Surely Canada could not have been more gracefully represented, for the Marchioness of Donegall is one of the acknowledged beauties of London, and her winning charm of manner is as distinctive as is her beauty.

Violet, Marchioness of Donegall, is the only daughter of the late Henry St. George Twining and Mrs. Twining, of Halifax, Nova Scotia, and married the fifth Marquis of Donegall (whom she survives) in 1904. Her heir, the present Marquess, is a beautiful and lovable boy, a godson of Lord Strathcona and Mount Royal. Lady Donegall has just passed through Canada on her way to the Durbar, where she is to be a lady-in-waiting to Her Majesty the Queen.

Contagious Diseases

IN the Stroud Branch great interest is taken in the meetings, and the members appreciate the advantages of the organization. A paper on "Home Treatment of Contagious Diseases," by Dr. L. J. Simpson, recently read before that Branch, is published herewith.

The treatment of the contagious diseases should really be taken up, one disease at a time, as there are certain necessary home precautions peculiar to each disease. However, as each disease would require a paper on itself, we shall deal with it in two parts: 1st, Home treatment of the more serious diseases, and in this class we will place typhoid fever, scarlet fever, diphtheria, tuberculosis, and smallpox; and, secondly, the treatment of the minor or children's diseases, as, measles, mumps, chickenpox, scarlatina, etc.

I shall first deal with the prophylactic or preventative treatment, and this is certainly the most important part of the treatment of contagious diseases:

First, of course, is *Isolation*. This, in the serious cases, should be attended to by the attending physician; but where a contagious disease of any kind is even suspected, the child should be immediately put to bed, the children who have not been exposed sent away, and those who have been exposed quarantined for at least a week until assured that they have not developed the disease.

The choosing of the sick-room is an important detail; the most cheerful, best ventilated room in the house should invariably be chosen. Germs cannot thrive where there is plenty of air and sunshine. If possible, have a room facing south or east, or, better still, with a window in each direction.

The nurse should be quarantined with the patient, and should not mingle with other members of the family until a complete change of clothing has been made, and hands and face thoroughly disinfected. The nurse and all others in close contact with a severe case should use frequently an antiseptic gargle and a nasal spray. The room should be in that part of the house most easily quarantined, usually on the top floor; during the attack it should be stripped of upholstery, hangings, and

carpet, and should be freely ventilated and kept as clean as possible.

All dust should be removed with damp cloths, which should afterwards be burned; the floor should occasionally be sprinkled with a bichloride solution (1 to 1000). The presence in the room of vessels filled with antiseptic fluids is of little or no practical value. The same may be said of sheets wet in carbolic or other solutions and hung about the room. Carbolic acid poisoning has been known to result from this practice. After an attack it should be remembered that the room is probably a greater source of danger than the patient. Smooth walls should be wiped with damp cloths wrung out of a bichloride solution (1 to 2000). The woodwork should be washed in the same solution and the floor scrubbed with it. After a thorough cleaning, while the floor is still wet and walls damp, the apartment should be fumigated with sulphur, or, better, with formalin. A simple method of using formalin is by Schering's lamp and tablets. If fumigation is to be efficient the room must be tightly closed, all cracks being stopped with cotton, and larger openings about doors, windows, and fire-places sealed by pasting paper

vented by the free use of inunctions and warm antiseptic baths. All the excreta from the patient should be disinfected throughout the disease best by a carbolic solution (1 to 20). If cases of scarlet fever are to be transported this should be done only in a vehicle which can be easily disinfected. Under all circumstances as few persons as possible should come in contact with the patient.

In general, it is to be remembered that the danger is first from the patient, secondly from the room, and thirdly, from the nurse.

The mild contagions or children's diseases require no special treatment, although it is always advisable to have the children kept in bed for several days until the fever has subsided, and upon fluid diet until all traces of the disease have disappeared. This is an important detail in the prevention of kidney complications. The intense itching during the height of any eruption may be allayed by sponging with a weak carbolic acid solution or by inunctions with vaseline, or by the free use of rice powder. As soon as the fever and rash have disappeared, daily warm baths with soap and water should be used after which the entire body should be

cross with those we love. But I have been in homes where the mother could not rest until all she had planned to do that day was done, and when it was there was no rest for those in the home; small faults of the children seemed great.

Let us be careful, lest in our ambition to be good housekeepers we cease to be good home-makers. Better far to leave to our children the remembrance of a home where the mother was not too tired to share in their sports and have their friends in to spend the evening, than the remembrance of a home that was spotless. I think in summer we would make our work easier by using more raw fruit for dessert instead of pudding or pie, and be much better for us.

We should grow and use all kinds of vegetables, for every kind of fruit and vegetable has value as medicine containing something that our bodies need, as well as being pleasant to the taste. Then we must have fresh air in our homes. In summer this is not hard to do, as we can have our doors and windows open. But in winter, when we feel the cold and like the heat, we are apt to neglect this matter, for our bodies need fresh air as much as food and water. Our flesh and blood need oxygen. We should, if possible, have our bedroom window open, even if it is cold, as long as we are not in a draught. The ventilation of our homes may cost us more for fuel to warm the cold air, but will pay in the better health of our family.

Then, too, we must have sunshine. As plants and trees cannot grow and be healthy without sunshine, neither can we. Have you not noticed how pale those grow who work in shops and stores. You find more pale people in the large cities than in the country. People who live much in the open air get their faces and hands tanned; but the tanning of the skin is only part of the effect sunlight has on us. It is essential for growing the little red ducts which give redness to the blood. Then it is the great germ destroyer. Disease germs, we know, flourish and live in darkness. Knowing this, let us as much as possible let the sunlight into every corner of our houses. The windows of our houses should be large, and as many of them as possible face the south. This will perhaps fade the carpets and curtains. But better far do without them than keep out the sunshine. Our bedding should be thoroughly aired and whenever possible placed in sunshine. Then we should go out into the sunshine. Here is where we who live in the country have the advantage over our city friends. We do not have to dress in style to go for a walk. We can go as we are for a walk through the fields; or, if only a few minutes to spare, to our gardens. And I think we all should have flower gardens; the care of them will help to solve this question of health, and often, when the way seems hard, a few minutes spent in our gardens watching the growing plants and opening flowers will help us. We will be led to forget our cares and our thoughts will be drawn to the wise Father, who has so kindly given us beautiful flowers.

To-day, more than ever, our doctors think that our minds affect our bodies. We must have interests outside of ourselves and homes. I think that our Women's Institutes are good in that we leave our homes for a few hours, learn to know each other better, and how others work and think on many things pertaining to our homes. But I feel this is not all that we need. We should be planning to make some other home brighter, some other load lighter.

We should visit not always the homes of those who are happy, but the homes of those who are in the shadow, and, in trying to bear the burdens of others, our own will be lightened. Then, I think we should go away for a visit or trip for a few days at least. Some of



CANADIAN CAR, FESTIVAL OF EMPIRE, LONDON, ENGLAND

over them. Bedding, cushions, pillows, carpets, etc., should be hung over chairs or upon lines strung about the room. Books should be suspended from covers so that the leaves are exposed. After fumigation the room should remain closed for twelve hours. After a severe case the walls should be painted or whitewashed, or, if papered, the wallpaper should invariably be renewed and the woodwork re-painted. Simply airing a room after an attack is of little or no benefit. An instance is on record of a patient contracting the disease in a room in which the windows had been open constantly for three months. The carpets, bedding, hangings and upholstery are best disinfected by steam. Where this is impossible, after a severe case, the mattress and pillows should be burned. Bedding, blankets, and other articles should be boiled, and afterwards exposed to sunlight for a long time out of doors.

The bedclothes, linen, and clothing removed from the patient during an attack should be put at once into a solution of carbolic acid (1 to 20) or zinc sulphate four ounces, common salt two ounces, and water one gallon, and afterwards boiled at least two hours in the same solution.

Instead of handkerchiefs, pieces of old muslin, surgeon's gauze, or absorbent cotton, should be used for cleansing the nose and mouth of the patient, and burned immediately.

During desquamation the spread of the disease may be in a measure pre-

vented by the free use of inunctions and warm antiseptic baths. All the excreta from the patient should be disinfected throughout the disease best by a carbolic solution (1 to 20). If cases of scarlet fever are to be transported this should be done only in a vehicle which can be easily disinfected. Under all circumstances as few persons as possible should come in contact with the patient.

Where fever is high it is perfectly safe to use ice cold baths, or ice packs; in fact this is better than drug treatment.

Hints for Health

By MRS. REED, Woodville

NO other exercise develops all our physical powers as housework does, and let us remember that while it is hard to toil and labor long days through, it would be harder still to have no work to do. "Do not work too hard." You may say that is good advice, but how are we on the farms to rest where there is so much to be done and help so hard to get? I was wondering if you ladies of the Women's Institute had not found ways of lightening "labor and solving the problem. It is a question we all must face, if our daily tasks leave us so tired that we enter upon the new day weary and not rested with our night's rest. We need to stop and ask ourselves where this will end. When I was a girl there was an old English lady used to come to our home. She spoke sometimes of being tired-cross. It seemed very funny then, but I have found that it is possible to be so tired that it makes us irritable and