

## TO MAKE A POULTICE.

To make a poultice may seem a simple thing, that every one can do without practice or training, yet at the classes in home nursing, poultice making is a topic that occupies an entire morning to demonstrate.

In the first place, the pupils are told how to get along without a poultice—that is, in an emergency when a poultice is needed, and no material for one is at hand. This is by dipping absorbent cotton in hot water, and squeezing it partly dry. If absorbent cotton is not at hand, though no nurse ought ever be without it, ordinary cotton batting will do.

A bread-and-milk poultice was made by crumbling bread (after the crust was cut off) and dropping it into the boiling liquid, beating it light the while with a fork, until the compound was so thick it would not run. It was then spread quickly upon a piece of cheesecloth twice the size of the poultice needed. The half left was turned over the poultice and the edges basted together with thread and needle, ready before the poultice was mixed. Water can be used instead of milk.

Flaxseed poultice is made by stirring the meal into boiling water until it is the consistency of mush. Elm-bark poultices are made in the same way, using, of course, the powdered bark.

Deftness and quickness are requisites of poultice making and poultice applying. The good nurse slips the poultice quickly in under the bedclothes and detaches the cooled poultice as she slips on the hot one, leaving the inflamed part bare scarcely a second.

The writer once watched one of those good women, who is ranked "such a good nurse" in her community because she is friendly and willing, at the bedside of a pneumonia patient, in a little country town. Flaxseed poultice, kept hot and changed frequently, was the doctor's order, and the good woman thought she obeyed it. She made each poultice down stairs and carried it through cold halls of a stove-heated house to the sick room; then she went to the bed, laid back blanket and nightdress, took off the cold poultice, left the chest bare to the air while she ran across the room and got the fresh one and applied it. The cold poultice was, indeed, cold, a chilling mass, worse than none, left on minutes after its virtue had become changed to a vice. Modern nurses lay over the poultice a piece of oiled silk or gum tissue and a sheet of cotton batting. If the

poultice is inclined to adhere, rub the skin with sweet oil before applying.

Finally, never try to use a poultice twice. Burn as fast as used.

## HOT WATER.

Hot water has far more medical virtues than many believe or know. Because it is so easily procured thousands think it valueless. The uses of hot water are, however, many. For example, there is nothing that so promptly cuts short congestion of the lungs, sore throat, or rheumatism, as hot water. Headache almost always yields to the simultaneous application of hot water when applied promptly and thoroughly, to the feet and back of the neck. A towel folded several times and dipped in hot water, and quickly wrung out and applied over the painful part in toothache or neuralgia, will generally afford prompt relief. A strip of flannel or napkin folded lengthwise and dipped in hot water and wrung out, and then applied around the neck of a child that has the croup, will sometimes bring relief in ten minutes. A tumbler of hot water taken just after rising, before breakfast, has cured thousands of indigestion, and no simple remedy is more widely recommended by physicians to dyspeptics. Very hot water will stop dangerous bleeding.

## NURSING EXHIBITION.

The Nursing Exhibition held at St. Martin's Town Hall, England, recently, was a novel departure and proved very interesting to both lay and professional visitor. Each case was represented by a pretty little doll bandaged and fixed up in the most approved fashion, and lying in a beautiful little brass cot. Every detail was complete even to the chart which hangs above the patient's head. The first prize was carried off by the London Homœopathic Hospital.

A model of the Children's Surgical Ward at the Charing Cross Hospital, made by a clever nurse at the institution was greatly admired. What the lady doctor or the nurse of the future may be was shown in a little model arrayed in bloomers and a college cap, with a stethoscope hanging at her side. She looks very jaunty but the eye turns from her to rest gratefully upon the rows of little wax ladies clad in what is the most becoming of all feminine dress.

Whilst the professional visitor can minutely examine and criticize the va-