

There are more old women's nostrums for whooping cough than for any other disease. In Ireland any man riding a piebald horse can be stopped and asked what is good for the chin cough. He is supposed always to give an inspired answer. One owner I knew, always replied to the question by giving the short formula, "Patience and water gruel." In my great-grandmother's recipe book the following prescription finds a place: "Take one tablespoonful of honey, one of good rum, and half a one of spirits of turpentine. Mix them and rub the backbone occasionally." The stimulating properties of rum and turpentine no doubt often produced much counter-irritation, but I pity the patient.

We must remember that whooping cough is most infectious, and no doctor will give a written certificate of exemption under nine months. I have proved this in my own family. The younger a child gets pertussis, the more danger to the child. After six years of age the glottis and trachea increase in size, and there is less danger of suffocation in a paroxysm or by croup.

Another of the lions we would fain chain by watchfulness is measles. Make a flannel bag out of an old blanket, and pop the patient into this when a pinky red eruption shows what is the matter; tie round the neck—arms in—and you will have a bundle to laugh at, but also a bundle that can get no chill. Suppressed measles are responsible for so many things, and to keep arms covered helps the rash to come out thoroughly.

In caring for the King's daughters, I think we should always seek a medical man's aid. "The gifts of healing" are still entrusted to those who have made medicine their study. I would never advocate a mother treating disease by herself; but a mother should understand symptoms.

If parents were better informed, many children's lives would be spared, much suffering averted, and much sorrow saved. Knowing a little about the seriousness of disease, we should enter more readily into the plans and views of our medical adviser. "Sickness is always a fight between life and death," and in this battle, obedience, promptitude and patience are our best aids. The treatment of ailments in the present day does not consist merely in the dosing with drugs.

We understand now the importance of surrounding the King's daughters with arrangements that help nature in the struggle with disease, and to call art and science to the assistance of nature.

Nursing is essentially a practical matter. There is little theory in it. Experience—one ounce of it—is worth a peck of speculation. There are, of course, a few broad rules that apply to nearly every case of illness. Ventilation, for one thing, is as necessary in measles and bronchitis as in scarlet fever and asthma. Miss Nightingale says, "The very first care of nursing, and the first and last thing upon which a nurse's attention must be fixed; the first essential to the patient, without which all the rest you can do for him is as nothing, with which, I had almost said, you may leave all the rest alone, is this: to keep the air he breathes as pure as the external air without chilling him." A sick room should have no improper, close smell in it. Air from outside—not from inside—should be admitted freely, though in measles a small fire in the grate is necessary (and it should be a brisk little one with bright jets of flames, not a sluggish cinder and slack bed). The window should be open a "teenty weenty" bit even in winter. About 60° Fahrenheit is the proper temperature to be maintained, and a thermometer in the sick room to insure this is a necessity. Remember that early in the morning—twixt night and dawn—is the time our patient may get a chill and drive in any eruption. Make

up your fire then, rather than close the window. Do it quickly and decidedly, not fidgeting gently and timidly with one bit of coal after another, and so irritating your patient by dawdling; but even at the risk of half a minute's noise rake out the lower bar and pile on fuel.

Light is another necessity. In measles, of course, eyes are often affected and too weak to stand a glare, but in most cases of sickness the bedroom should not be unnecessarily darkened. Under the influence of sunlight nutrition is more active, and that is what we need, is it not? in all cases of illness. At night a small light should be burned, but behind a screen. Nature herself shows us how necessary darkness is to repose and rest. "Discretion" is still a welcome resident in the Ivory Palace, and in the matter of light and darkness should be carefully consulted.

"Prudence" too, will counsel isolation in all cases of eruptive disorders. Measles is so infectious that it sometimes seems useless to try and prevent them. But no guardian of the King's daughters is justified in running any risks. Mistrust and Timorous ran away from the lions. But Discretion, Prudence and Watchful kept guard over them. He that runs may read.

Scarlet fever is a third roaring and raging enemy that may block the path of the King's daughters. I am thankful to say I have never had to nurse it in my own family. It is one of the most fatal diseases to which our girls are liable. The mortality from it is really terrible. I am told that the present day treatment differs *in toto* from the old-fashioned one. Plenty of iced drinks, daily sponging with vinegar and water, preventing desquamation of cuticle by oiling frequently. Constantly changing linen, instead of heaping on bed-clothes, giving hot beverages, wrapping in flannel, and otherwise aggravating all feverish symptoms. Immense care is necessary to prevent the spread of this most "contagious blastment" as Shakespeare terms this and other youthful disorders. Sauces of carbolic and water should stand about the room. A sheet dipped in Condy's fluid, or a weak solution of permanganate of potash should hang before the bedroom door. Every utensil used should be removed only in a bath of disinfectants. Bed and body linen should be soaked in the same.

But, there is no disinfectant like the pure air of heaven. "This should be allowed to permeate and circulate through the apartment and through the house. Air, air, air, is the best curative and preventative of scarlet fever in the world." Yet air must be admitted scientifically so as not to chill the patient; also all draught must be avoided.

After a case of any such infectious disease, a notification to the sanitary officer of the district will be followed by thorough disinfection at the minimum cost. If this is not done a sulphur candle should be bought. They cost about 1s. 3d. each, and are simply blocks of prepared sulphur with a wick attached. After closing and stopping with rags or paper every window and door, blocking up every chimney, and spreading out everything that has been in the way of infection, place the candle in a tin trough, and set it on fire. After twenty-four hours open the door. You will be convinced that no microcosm could exist in such an atmosphere. Every germ must be killed, and you will be right. Brasses may be dim; down quilts odoriferous; bed-blankets smelling strongly; picture frames spoiled—but, a clean bill of health can be given to that room without fear. If a trained nurse has helped in the care of the King's daughters during the illness, it is her business to then disinfect the chamber. For the sake of others as well as ourselves, we should be very careful about not spreading infection.

"In honour preferring one another," is a good motto for the travelling, bustling, hurrying work-a-day world. No guardian of the King's daughters should allow them to go by bus or tram or rail until a clean bill of health is theirs. Other people's children are somebody's darlings. To expose them to infection is a cruel wrong. We should be scrupulous in all these things. Do we unto others as we would wish they should do unto us.

Nervous disorders, such as St Vitus' dance, are very apt to attack girls between eight and twelve. A sudden fright should always be deprecated. I knew of one child who nearly lost her life from the state of physical nervousness induced by a frog being thrown at her. Another who suffered from St Vitus' for months, and on inquiry, the disease dated from the purchase of a jointed snake held in terroris over her by a mischievous brother. We must remember that great and sad results often follow from trivial causes. A toy in some cases may become an instrument of torture; a shadow; a sound. We must watch our girls and shield them from anything which seems to upset them.

Mother's arms should always be open. Her bosom their refuge. We must also realise that a false delicacy often stands in the way of a little girl mentioning ailments. A false delicacy which we ourselves have fostered by strained ideas of maidenliness. It was unauthorised knowledge made Adam and Eve know they were naked. True modesty consists in being pure. Society demands restrictions and coverings and shame. Twixt mother and child such a thing should be unknown. Our sweet, beautiful, women-children, should know no shame. God has made them goodly and fair. Every function of their bodies are part of His great scheme. I can not write more definitely of what I mean—guardians of the King's daughters will understand.

Perhaps I can not do better than close this article by giving a short list of things useful to be kept in medicine chest or drawer. Amongst the things most likely to be useful are, a two ounce bottle of castor oil, a similar one of ipecacuanha wine, well corked and sealed. (Hippo wine soon loses its power on exposure to air. When it looks muddy and deposits a sediment it is useless.) This should often be replaced. A bottle of tincture of amica. This is for bruises; but in dealing with it one requires to know that amica should never be rubbed on an open wound. Erysipelas may and frequently will ensue.

In no popular book on domestic medicine have I seen this warning given.

One pint bottle of linseed oil and lime water in equal proportions. This is called green oil and is useful in cases of burns and scalds. Pour on the surface at once and it excludes air from the inflamed tissues.

A pound tin of linseed. Keep this in a tin or the useful ingredients in it will soon dry out. This is for poultices. A quarter pound tin of mustard, for the "plaster" so often called for. A little sticking plaster and gold-beater's skin for cuts. A roll of old linen for bandages, another of flannel for a compress. Scissors. A few bottles of the homœopathic preparations of—(1) aconite, for use in feverishness; (2) camphor, for "backening" a cold; (3) nux vomica, for an attack of indigestion or constipation; (4) belladonna, for a relaxed throat; (5) spongia, for croupy coughs. Also an enema apparatus; a bottle of strong smelling salts; a little old brandy, and a roll of cotton wool.

With this outfit we can meet the few stray lions that may prowls about unchained in the narrow way before the palace of health. Pack each of them in place with prayer. Lock them up with a promise, and you will calmly meet the accidents of life.