

Whatever work is provided it should be congenial. Find what best suits and interests each case, and let there be variety. It may be housework, or toil in the garden, farm or workshop, writing, drawing, or anything he can do, even to picking oakum. It is easier perhaps to find work for women. They can sew, knit, mend, make flowers or a fancy present for some one. Outdoor work is best for men. It is a harder task in private than in hospital to find work to do, but encourage all to do something. They may see to their own clothing and keep their apartments in order, and thus be made to feel they are adding to their own comforts. Men have not much taste for this, but they can do a little at it, perhaps add to the decoration of their rooms or take charge of some plants. Here let me say the old idea of robbing the invalid's quarters of all its furnishings is exploded. They should be made as cosy and attractive as taste can devise, with whatever is pleasing to the eye, and gives comfort to the body.

It will cost effort to induce some to work, but you will be rewarded. The best nurse is the one who has the most done by the patients, although it might often be easier to do it yourself. It is not the thing, however, for the nurse to sit idly by. She should at least appear to join in with them. Make them enjoy the working hour by chatting and joking over your task, so that they come not to regard it as irksome. On a few, you may have to hold a check. Some try to do too much, though the tendency is the other way with most. Maniacs go to excess in everything; or some delusion may make patients work harder than is wise. Overwork may cause sleeplessness. Your duty is to coax the idle to industrious ways, and not overtask the willing. Some may be too feeble and old to work, and may need rest and nursing more. But even such may do a little something to their advantage, and can be read to or their minds diverted in some way.

But occupation means more than work. It includes also the spending of some time in amusement, for it is not beneficial to have your patient always drudging, his life unbroken by variety. The idea is to make his days as natural and pleasant as possible, having some work and some indulgence in innocent pastimes. But see that it is not all play. Games