

## HOUSEHOLD.

## Home Nursing.

(By a Hospital Nurse.)

Perhaps no being on earth has more need of those great essentials of a good nurse—tact, patience, and common-sense—than has the individual who is engaged in nursing one of her own family at home. It is notoriously true that it is always more difficult to manage your own relatives when nursing them than it is to manage a stranger. You are 'a prophet in your own country,' and his lot is never an easy one!

Tact, patience, common-sense—these are the first essentials of a good nurse anywhere and everywhere. Tact, which has its root in unselfishness, and in being able to put yourself into the place of another; patience, which can bear with irritability and fretfulness; and common-sense, which looks at things in a rational light, and neither

table, and knocks over the glasses and pulls the counterpane off the bed.

Then there is the very difficult mean to be attained between the sympathy and tenderness which are good for a sick person, and the undue emotionalism which is extremely bad for him. To be cheery and bracing on the one hand, without being hard on the other, is no very easy task. Perhaps the thing to do is to try and be unfailingly bright, yet not aggressively cheerful; thoughtful and tender, but not sentimental. It is possible to sympathize with a person's pains and aches without giving undue prominence to them, for to make them too prominent only emphasizes them to the patient. Do not talk over-much about what he is feeling; bring him other things beside himself to think about—outside things. You have no notion how refreshing and pleasant to a sick person are little bits of news from the world outside his room.

Question a patient as little as you can, and observe him as much as possible, are good rules. Try to think for him, and not-

believing that you are not worried, and will keep a quiet mind himself, and this is of infinite importance to him. Never let an invalid be bothered about anything; keep him in a restful atmosphere, happy and peaceful his chances of recovery are likely to be more certain and more rapid.

May we not take as a motto for the home nurse these words of Tennyson:—

'No angel, but a dearer being all dipped  
In angel instincts, breathing Paradise.'

## Selected Recipes.

**Potato Chowder.**—Peel and slice a dozen medium-sized potatoes, put a large teaspoonful of butter and a quart of hot water in a stewpan, add salt, and when boiling hot add the potatoes and cook slowly for half an hour. Add a pint of milk, let it just come to a boil, add more seasoning if necessary, thicken slightly and serve immediately. A little pulverized, dried parsley or celery seed, or both, will improve the chowder if added a few minutes before serving.

**Oyster Dressing.**—Take a loaf of stale bread, cut off crust and soften by placing in a pan pouring on boiling water, draining off immediately and covering closely. Crumble the bread fine, and add half a pound of butter or more, if to be very rich, and a teaspoonful each of salt and pepper, or enough to season rather highly; drain off liquor from a quart of oysters, bring to a boil, skim and pour over the bread crumbs, adding the soaked crusts and one or two eggs, mix all thoroughly with the hands, and if rather dry moisten with a little sweet milk; lastly, add the oysters, being careful not to break them; or first put in the turkey a spoonful of stuffing and then three or four oysters, and so on until the turkey is filled. Stuff the breast first.

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Publishers, Montreal.

THE 'NORTHERN MESSENGER' is printed and published  
every week at the 'Witness' Building, at the corner of Craig  
and St. Peter streets, in the city of Montreal, by John  
Redpath Dougall and Frederick Eugene Dougall, both of  
Montreal.

All business communications should be addressed 'John  
Dougall & Son, and all letters to the editor should be  
addressed Editor of the 'Northern Messenger.'



with sentimentality nor undue emotionalism. It is often hard to an untrained nurse to realize that a sick person must be treated with the same forbearance with which you would treat a child. If you make a point of looking upon a patient as for the time being a child, to be tended and cared for and thought for, it is wonderful how you will learn to see that his fretfulness, and perhaps even his naughtiness, are after all only parts of his illness, and to be treated accordingly.

An equable temperament is the most blessed endowment for a nurse, and I would urge everyone who has nursing to do to cultivate this gift assiduously. You have no idea how worrying it is to a patient, if his nurse has an 'up and down' kind of temperament—if he never knows what to expect of her. A person of moods is never truly a good nurse. A good nurse should be bright, quiet, gentle, and, above all, 'always the same.' Boisterous movements and loud voices are to be avoided in sick-rooms; but, on the other hand, it is most irritating to a patient if you whisper in his presence. Anything which he just cannot hear vexes him; and slow pottering is almost as aggravating as the undue rapidity which sweeps everything off the

ice what worries him, what makes him easier, and so on. Do not wait till he tells you that a tapping blind is driving him crazy, or a slamming door getting on his nerves. Look round for him, and anticipate his wants. A crooked curtain, a blind drawn up a shade too much may, in the one case irritate a patient, in the other hurt his eyes, without his exactly knowing what is wrong. Again, an untidy room is most annoying to a sick person. You cannot keep a sick-room too neat, and the fewer things you have in it the better. Do not allow boxes to accumulate under the bed—they are glorious dust-traps! Keep one place for the medicine bottles, another for all gargles or outward applications, and stick to those places; do not have to hunt all over the room each time you want a bottle. Tables that are in use look best with a nice white cloth over them. And be sure everything is faultlessly clean; it is wretched for an invalid to have dirty clothes, or ragged, moist towels, or anything messy about him.

Do not 'fuss' a patient. Be calm and decided and quiet yourself, but do not worry him. This is difficult for a home nurse to achieve; but if you can contrive always to have a serene face when you enter his room, your patient will be deluded into be-