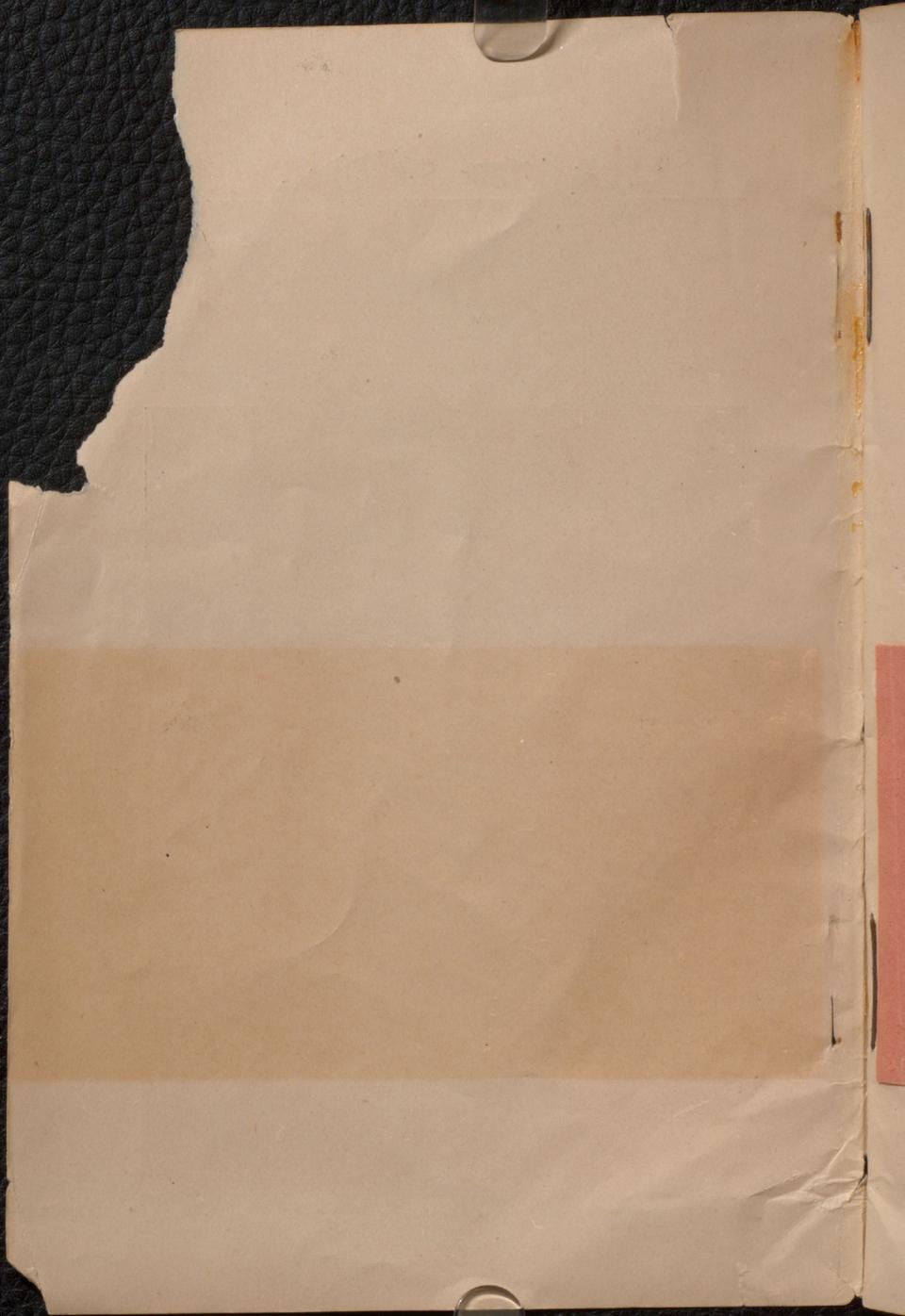


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HOME NURSING





HOME NURSING

A BOOK OF

PRACTICAL INFORMATION

ON THE

CARE OF THE SICK

BY

A TRAINED NURSE

NOTICE.

Through a printer's error the words "Hazol Plaster" appear on pages 13 and 33. In each case it should read "THE D & L" MENTHOL PLASTER.

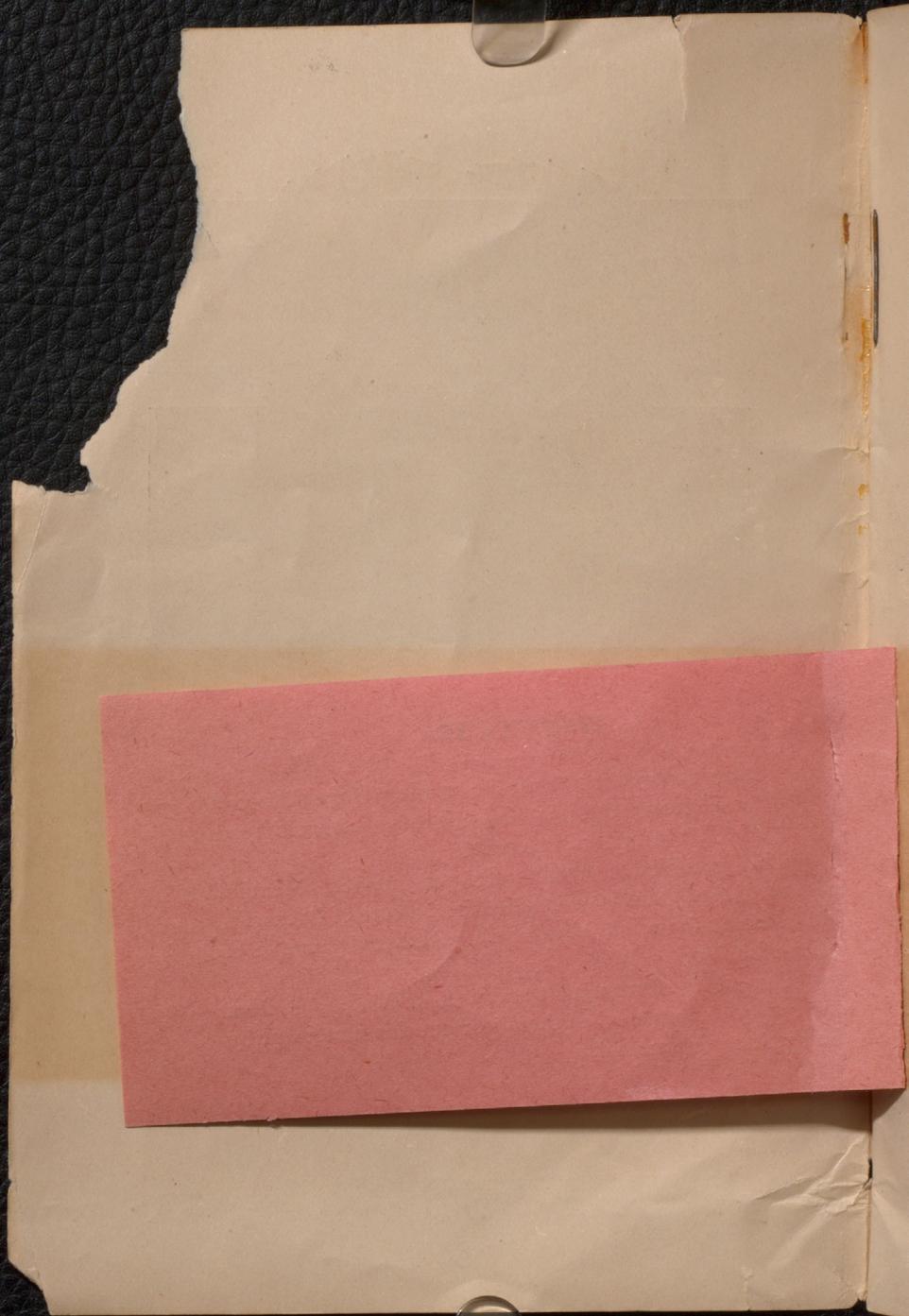
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1902



HOME NURSING
A BOOK OF
PRACTICAL INFORMATION
ON THE
CARE OF THE SICK
BY
A TRAINED NURSE

DEDICATED TO
ALL WHO MINISTER TO THE SICK AND SUFFERING

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HOME NURSING

CHAPTER I.

NURSING AT HOME.

In the care of the sick, the nurse is second in importance only to the doctor. Very often as far as the comfort of the patient is concerned, she occupies the first place. The doctor comes, prescribes, and goes. It is many hours before the patient sees him again, and in the meanwhile he is left to the tender mercies of the nurse. If she is an efficient one what untold relief is brought by her firm, gentle touch, her skilful manipulations, her quiet cheerfulness, allaying fears and smoothing away difficulties as if by magic. The sick man feels instinctively that he is in good hands, and will be cared for in the best manner possible, without the necessity of worry or forethought on his part. Since mind and body are so intimately connected, this calmness will do more to promote his recovery than the prescriptions of the whole college of physicians could accomplish without it.

However wise and judicious the doctor's method of treatment may be, the full effect cannot be obtained unless it is intelligently carried out. If he orders a poultice in inflammation of the lungs, he wants a warm, soft mass of the proper consistency applied, so that it shall not soil the skin or clothing of the patient. He wants it changed at regular intervals, and in such a way as not to give the sufferer cold every time it is removed. Unless the nurse knows how to manage it, the poultice is likely to do as much harm as good. Yet, there are few women who would acknowledge that they do not know how to make and apply a poultice.

In training schools for nurses, instruction is given in these simple matters which seem so easy and are so difficult to the uninitiated. Let any woman ask herself, "Could I give a bath to a person in bed without wetting the clothing or change the under sheet while the bed was occupied?" and she will smile at the seeming impossibility. When once she is shown how to do it, she only wonders that she did not discover the right

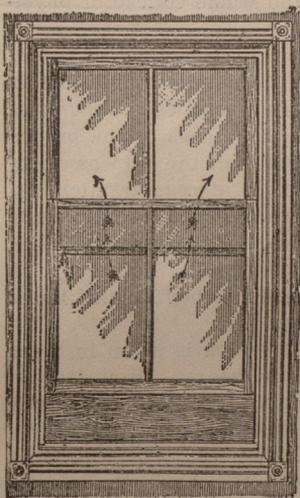
way herself. Sick persons in well-to-do families are sometimes allowed to wear the same clothing for a week and to remain unwashed during a long illness, because the friends believe it impossible to care for them without injuring them.

In this little book, practical directions are given for the performance of all these necessary offices. The knowledge of any of them is not taken for granted, and the writer has tried to do it in such a plain and simple manner that no one need mistake the easiest way.

CHAPTER II.

VENTILATION.

The first requisite in the sick room is pure air. Emanations from the body and the breath of the patient are constantly tainting it, and it must be removed or else the soiled air is inhaled over and over again, poisoning both sufferer and nurse. Fresh air can be admitted only through the windows. Opening the door lets in the stale air that has already circulated through the house. Two points must be observed. Supply heat to keep the room at a proper temperature. Protect the sick person from draughts. Those in bed rarely take cold—never, if properly protected.



-Window ventilation.

Lower the window at the top a few inches. If the upper sash is not made to open, remove the cleats underneath it and move them down the required distance. When the window is closed, it can be kept in place with a stick. Have a frame made to fit in the opening and cover it with flannel. If this cannot be managed, tack the flannel over the opening itself. The window can be raised from the bottom, and a piece of

board four inches wide and long enough to exactly fit the window frame put under it. Where the upper and lower sash lap, there is a space which admits a constant current of fresh air. If the bed is near the window, place a screen between them. One can be extemporized by throwing a blanket over a clothes-horse, or stretching a line and hanging a shawl over it. If the weather is too cold to permit of the window being kept open, cover the patient's head and all, with an extra blanket, and open the window three or four times a day, keeping on the extra covering until the room is warm again.

If a room is cold, it is no sign the air is fresh. Cold air may have been breathed over and over until it is as impure as warm air. It is easier to keep a room warm containing fresh air than that from which most of the oxygen has been exhausted. The only safety lies in constantly changing the air. A thermometer should hang in every sick room and the temperature be kept at 68°, except in fever, and then at 65°. Some doctors order it from 70 to 72 degrees in diseases of the chest. An open fire is the best heat producer, because it helps to carry the bad air up the chimney and acts as a ventilator as well. In summer, place a lighted lamp in the fire-place, or if there is a stove-pipe hole in the chimney, take the tin stopper out of it. When the room is heated by a stove, a coil of pipes, or a register, keep a saucepan of boiling water on it to give off steam to moisten the air.

The importance of ventilation cannot be too strongly impressed upon the nurse. By any carelessness in this matter the sick person is made to breathe impure air. His system is enfeebled just when he requires all his vitality to enable him to rally from disease, and his chances of life are materially lessened.

Remember, then, that pure warm air is the first requisite in a sick room. In order to keep the air pure, no vessel that has been used must be allowed to remain in the room a moment longer than is absolutely necessary. A little disinfectant solution should be kept standing in them. Covers should be provided, and the moment the patient has finished using one, it should be carried away and emptied, well scalded with boiling water and rinsed in the disinfectants. (See Chapter XI.) Vessels of

the proper shape for use in bed can be obtained at a small expense, and no sick person should be allowed to get out of bed for any purpose whatever. It exhausts the strength unnecessarily and is a fruitful source of colds. The India rubber bed pans and urinals are very valuable, particularly the former, for use when the sufferer is thin and cannot bear the contact with the hard surface of an earthen one. They require to be rinsed in a strong solution of chloride of lime or carbolic acid after each using. Perfect cleanliness does much towards keeping the air in the room pure.

CHAPTER III.

BATHING.

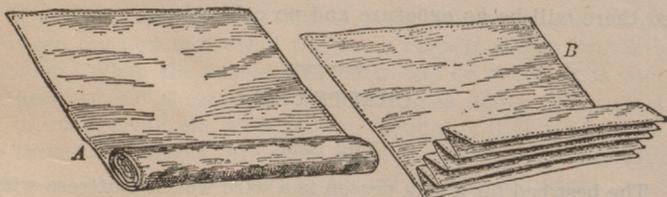
Unless the doctor specially forbids it, a sick person should have a bath every day. This keeps open the pores of the skin, and enables the system to throw off through them a vast amount of waste matter which cannot be retained in the body without injury to it. A sponge bath can be easily and quickly given without causing an undue amount of fatigue.

Before beginning, collect at the bedside all the things that will be needed: two blankets, two towels, a basin of tepid water, a pitcher of warm water to replenish it as it cools, a wash cloth and a piece of castile soap. If the night clothes are to be changed, have the clean ones, aired and warmed, close at hand.

Fold one of the blankets end to end, and beginning at the ends roll it about half its width. Move the patient over to one side of the bed and tuck the upper bed clothes around him. On the cleared space lay the blanket with the roll toward the patient. Tuck the free edge under the mattress. Lift the patient over the roll on the blanket. Unroll it on the other side. Lay the second blanket over the upper bed clothes, and, holding it in place with one hand, draw them away underneath it, leaving the patient covered with it alone. A second blanket can be added if one seems too light a covering. To remove the night-dress draw it up at the back until the whole length lies in folds under the neck. Lay the arms above the head on the pillow. Raise the head with one hand, and with the other

slip the folds over the head, holding them gathered in the hand for the purpose. Keep the upper blanket well up to the chin, and under its shelter draw the night-dress off the arms and take it away. Bathe the face, neck and ears carefully, and dry them. Pass the hand holding the wash-cloth under the blanket and wash one arm; wipe it, and then do the other. When this is finished bathe the chest, turn the patient on the side and do the back; also the back of the thighs, drying each part before wetting the next. Turn again on the back and bathe the front of the thighs, the legs and feet. Attend carefully to the nails, paring them if necessary.

If an undershirt is worn, slip its sleeves inside those of the night-dress; both can then be put on as one garment. Put the sleeves on the arms first, raise them above the head, hold the night-dress gathered in one hand from neck to hem at the back. Slip the folds over the slightly raised head, then raise the shoulders and pull it down.



Changing the bed-sheet without removing patient from the bed (A, sheet partly rolled; B, sheet partly folded).

When it is desired to change the under sheet, have the clean one rolled half way across from side to side. Lay the roll next the patient, pushing the soiled sheet before it. Tuck the free edge under the mattress, lay the patient on the smooth place, go to the other side of the bed, pull off soiled sheet, unroll the fresh one, and tuck the edge in firmly.

To change the upper sheet without exposing the patient, lay the clean one on top of the bed clothes with a blanket over it, and draw them out underneath it.

If the patient is a woman, part her hair in the middle at the back and braid it on each side. This should be done every day to prevent the hair from becoming matted.

Wash the teeth with a clean rag dipped in borax water.

When the lips or skin are rough or chapped, apply a little cold cream.

If it is desired to give a foot bath in bed, provide a blanket, a tin foot tub and a square of rubber sheeting. Have the patient draw up the legs, turn back the upper bed clothes, spread the rubber sheeting under the feet, place the tub upon it, lift the feet into the water and envelope the tub in the doubled blanket, drawing it well up over the knees to keep in the steam, add hot water from time to time by pouring it in at the side, raising the blanket slightly for the purpose. After the bath, dry the feet with warm towels. Mustard can be added to the water if desired.

When sponge baths are given to reduce the heat of the body in fever, ice, alcohol or bay-rum is added to the water, and the skin is not dried because the moisture evaporating helps to cool it. Fanning the skin while wet, also assists in reducing the temperature in high fever. If the bath is given as directed there will be no exposure and no cold taken.

CHAPTER IV.

THE BED.

The best bed for a sick person is a wire woven mattress with a soft hair mattress over it. A feather bed should not be used if it is possible to avoid it. It absorbs impurities from the body, sinks into holes and is full of lumps and uncomfortable unless it is made every day, which cannot be done when occupied by a very sick person.

To make the bed, spread a clean sheet on the mattress, tuck it under and pin it at the four corners underneath the mattress. This keeps it smooth and tight, an important point in the prevention of bed sores.

Rubber sheeting can be bought by the yard, and is not expensive. Have a strip one yard wide and long enough to lie across the bed, and tuck well under on each side. Fold this strip in a sheet, and place it in the middle of the bed, pinning the ends under the mattress on each side. This saves the

lower sheet, and can be easily changed with very little disturbance to the patient.

Tuck the top sheet in at the foot of the bed and leave the sides free. Add as many blankets as are required, but no more. Florence Nightingale says, "Feverishness is supposed to be a symptom of fever; nine times out of ten it is a symptom of bedding."

No spread is necessary, but if one is used let it be a thin cotton one that can be washed like a sheet. Quilted comforters should never be permitted to cover a sick bed.

Have one or two pillows as required. Do not let the invalid lie with his head in a hole. Turn the pillows frequently to present a cool, fresh surface to the hot face.

When the patient is weak and slips down in bed, a bolster or small firm pillow placed between the feet and the foot-board will be found a comfort.

If the sufferer is very thin, a long, narrow pillow placed between the legs to prevent the knees from touching, prevents chafing. When the bed is frequently wet or soiled, it is well to keep an old sheet folded several times under the patient or to use a small one as a napkin, arranging it like a child's. In these cases special attention must be paid to washing, drying and powdering the parts touched by the discharges.

BED SORES.

Continued pressure on any part of the body stops the circulation of the blood through it, and as no nourishment is carried to it, the tissue dies. This is the reason why bed sores form in those places where the weight rests as the sick person lies in bed. The lower part of the spine, the hips, elbows and heels must be bathed every day with alcohol, and when that dries off, powdered with cornstarch. This helps to toughen the skin. The moment any redness appears, a wash made of equal parts of Goulard Water and Tincture of Catechu, which can be obtained from any druggist, should be used to still further harden it. The patient must be frequently turned on one side, to give the affected parts relief. If he is too weak for this, then a rubber cushion, with a hole in the middle, must be placed under him, so that the sore spot will rest over the

hole. A good substitute for a rubber cushion, is a ring of absorbent cotton with a bandage tightly wound around it. This can be made at home at a very small cost. As a temporary means of relief, thick pillows can be arranged above and below the sore, to take the weight off it. A water bed is invaluable, as its surface follows every curve of the body, and makes the pressure the same everywhere. They are expensive, costing from \$20.00 to \$40.00, according to the size.

Keeping the cross sheet smooth and free from crumbs, the patient dry, well rubbed with alcohol and powdered, and when possible, frequent change of position, will usually prevent them.

If, in spite of every precaution, the skin shows signs of cracking, rub it with Dr. Weaver's Cerate, and relieve it from pressure at any cost.

If matter forms, wash it every day with water containing 2 to 5% of carbolic acid, and dress it with Dr. Weaver's Cerate or oxide of zinc ointment, spread on a piece of soft linen fastened on with strips of adhesive plaster. Do not let this plaster cross the sore, but strap it along the sides of the square of the linen, leaving it long enough to take a firm hold on the well skin beyond.

Bed sores often take away the patient's last chance of life, by exhausting his strength, so precautions against them cannot be taken too soon. The points to be remembered are, keep the under sheet smooth and dry; change the position several times a day; if this cannot be done, arrange something to take the pressure off the part.

CHAPTER V.

POULTICES.

Flaxseed meal is the best material for poultices. It holds the heat well, and its slightly oily nature keeps it moist for some time. Have a sufficient quantity of water boiling in a saucepan; a pint is enough to make a good-sized poultice. Stir in handfuls of the meal until the mass is thick enough not to run when spread, but not too stiff. It need not boil. Have

ready a square of cotton about two inches larger each way than the poultice is to be when finished. Spread the flaxseed on this about half an inch thick, leaving a margin of cotton all around it. Turn this margin up on the poultice like a hem to prevent its running out. Have a square of cheese cloth or muslin to lay over the poultice, to prevent the flaxseed from touching the skin.

If it is not applied to a discharging wound the flaxseed can be scraped off the cotton into the saucepan when it is cold, and heated again, more water being added if too stiff, or meal if too thin.

When onions are ordered, bake them until tender, mash with a spoon, spread on the cotton, cover with muslin, and apply.

Oatmeal, cornmeal, or mashed carrots are also used. Bread makes a light poultice, but it dries quickly.

A poultice should always be changed before it gets cold, once in two hours is a good rule if not ordered oftener. Have the fresh one ready to put on before removing the other, and bring it to the bedside rolled up on a hot plate to keep it warm. Always fasten the poultice in place with a broad strip of cotton or flannel that it may not slip aside.

When a poultice is discontinued, dry the skin thoroughly, and cover the part with one or two thicknesses of flannel.

A poultice jacket is made of oiled muslin lined with cotton batting. Have it in two pieces to cover back and chest, and fasten on the shoulders and under the arms with strings. Put the poultices on underneath it, making them as large as is necessary.

It is a good plan to cover any poultice with a newspaper, folded in flannel, to keep in the heat. If weight is no objection, an India Rubber Hot Water Bag, half filled with hot water, can be laid over it. This prevents the need of changing it so frequently.

FOMENTATIONS.

These are lighter than poultices, and more quickly got ready. They must be changed very often as they cool almost immediately. Provide two pieces of flannel large enough to be fold-

ed once, a stout towel, a basin, and a kettle of boiling water. Lay the towel in the basin with the ends hanging over the sides, in the middle of it place one piece of the flannel folded, pour on enough boiling water to cover it. Take the dry ends of the towel, one in each hand, and twist them in opposite directions at the same time lifting it out of the water. This will squeeze it perfectly dry, without burning the hands. Untwist the towel, take out the hot, moist flannel, shake it and lay it on the patient. See that it is not so wet as to drip and cover it with a piece of pure *rubber sheeting* to keep in the heat. After the fomentations are discontinued, dry the part and cover it with warm, dry flannel. See that the night-dress and sheet are not wet.

Sometimes mustard is added to the water when there is great pain; a heaping teaspoonful to the pint. The mustard water can be heated more than once.

DRY HEAT.

A hot water bottle is invaluable as a means of applying dry heat. It is quickly filled and always ready for use. Persons who suffer from sleeplessness usually have cold feet. The hot water bottle relieves this symptom by drawing the blood to them. The pressure on the brain being lessened, sleep follows. The steady heat is very soothing to sufferers from rheumatism, neuralgia, face-ache, or ear-ache. No family where there are children should be without one. They save their cost many times in a year.

When a hot water bottle cannot be obtained, a stone jug or a common bottle can be used, but it is a clumsy substitute, and the weight is in many cases a great objection.

CHAPTER VI.

STIMULATING APPLICATIONS.

Plasters are a means by which medicaments are applied to different parts of the body. To lay on a medicinal plaster, hold the wrong side against a tin or other vessel filled with hot

water, then place over the affected part. Be sure to smooth out all wrinkles and let no air bubbles remain between it and the skin. In removing plasters commence at the corners and work towards the centre.

Medicinal Plasters are used extensively for Neuralgia, Muscular Rheumatism, Back-ache and kindred troubles. Those put up in enameled tin boxes under the name of "Hazol" are very efficient and should like Mustard Plasters always be kept in the house for emergency. Sometimes the doctor orders a mustard plaster or paste when none is at hand, then one must be prepared at home. If he does not give any directions as to strength, take two spoonfuls of mustard to one of wheat flour, rub them smooth with a little water, and with a knife spread the paste evenly on a square of cotton. Cover it with a piece of thin muslin, and turn the edges up as directed for a poultice. Lay it on the part and examine it in a few minutes to see that it is not blistering. As soon as the skin is very red, remove it, and wipe the part dry with a soft cloth. Twenty minutes is usually long enough to leave it on. If the burning is intense after its removal, dust the place thickly with flour or toilet powder.

TURPENTINE.

Turpentine stupes are used in inflammation of the bowels and colic of the intestines. Wring a piece of muslin or cheese cloth out of spirits of turpentine, lay it over the part affected, and cover it with a hot fomentation. The turpentine cloth should be changed once an hour, the hot flannel every fifteen or twenty minutes.

PAINKILLER COMPRESS.

Wring a flannel out of hot water, sprinkle it thickly with Perry Davis' Painkiller and apply. This is a good application, for it does not blister, and is quickly made ready.

BLISTERS.

Fly blisters are purchased at the druggists ready to be put on. If there is much hair on the surface of the skin, it should be shaved before applying the blister, then washed and left

damp. It takes from six to twelve hours for the blister to rise. If there is appearance of puffiness at the end of eight hours, the blister can be removed by taking hold of each side, and drawing upwards towards the middle and the spot covered with a flaxseed poultice. The heat and moisture will raise it. When the blister is to be dressed snip off a particle of skin with a pair of sharp scissors and let the water escape, and cover it with any simple ointment like Dr. Weaver's Cerate spread on soft linen.

LOTIONS.

Lotions are laid on the skin and liniments are rubbed into it. When there is much inflammation in a part, cooling lotions are applied to carry off the heat which they do by evaporating. A single thickness of muslin or fine linen is wet in the lotion and laid on the place affected. As soon as it dries it must be replaced by a fresh one, or wet by squeezing some of the lotion on it from another cloth. If it is allowed to dry, re-action sets in and more harm than good is done.

ENEMAS.

To give an enema to a person in bed, lay the patient on the left side, arrange the bed clothes carefully to prevent any unnecessary exposure, place a square of rubber sheeting to catch any drops that may fall. Oil the nozzle and insert it gently. If it meets with any resistance withdraw it partially, change the direction a little and try again. For a purgative enema use from two to four pints of warm soapsuds. Fill the syringe once or twice to expel the air before using it, and inject the fluid very slowly.

After using, squeeze clean water through it a few times, wipe it and hang it up by the open end to dry.

Enemas of cold water are given for the relief of piles.

When there is obstinate constipation, salt is added to the water, or olive oil mixed with it, four tablespoonfuls to the pint.

Turpentine is given in typhoid fever, one tablespoonful to a pint of soapsuds.

Never use oil or turpentine in a soft rubber syringe.

When food cannot be swallowed or retained in the stomach, life may be supported by nourishment injected into the rectum. Enemas of peptonized milk, plain milk, beef juice, brandy and cream are used.

Not more than eight tablespoonfuls should be given at once, or it will not be retained. Warm the fluid to blood heat, and inject as slowly as possible. After the nozzle is withdrawn, support the anus for a few moments with a folded towel. They should not be given oftener than once in two hours.

Starch and laudanum are used for prolonged diarrhœa. Thirty drops of laudanum to four tablespoonfuls of thin, cold starch.

CHAPTER VII.

LIQUID FOOD.

In serious illness, the stomach cannot digest solid food, and life has to be supported upon fluids. It is very important that the nurse should know how to prepare a variety, so that the patient may not become disgusted with any one article of diet.

Milk alone will sustain life for a long time. Sometimes it is too rich and must be diluted with limewater, or otherwise prepared for digestion.

MILK AND LIMEWATER.

To make limewater, procure a lump of lime, put it in an earthen jar and pour cold water upon it. There will be a great ferment for a few moments. Let it stand until this subsides and the particles of lime fall to the bottom. Pour off the clear liquid, strain and bottle it. The quantity of water put on the lime is of no consequence. It will only absorb a certain proportion of lime, and cannot be made too strong. Add two tablespoonfuls of the lime water to a cup of milk.

PEPTONIZED MILK.

This is milk already partially digested by means of its preparation with pancreatine, a substance prepared from the pan-

creas of the pig. Take about a quarter of a teaspoonful of the pancreatic extract and a pinch of common baking soda. Dissolve these in half a cup of water, and add this to one pint of milk. Pour the whole into a bottle and stand it in warm water of a temperature of 110° by the thermometer. Keep the water at this point for half an hour. Remove the bottle and put it on ice to stop the digestive process. If ice cannot be obtained, boil the milk for a minute.

Peptonized milk will be retained when a sensitive stomach would reject it in other forms. Gruel can be peptonized in the same way when it is made with milk.

KOUMISS.

One quart of fresh milk, a quarter of a compressed yeast cake, one tablespoonful of sugar syrup.

Make the syrup by covering one tablespoonful of sugar with water and boiling a few minutes until clear. Dissolve the yeast cake in warm water. Put this and the syrup into the milk and all into a bottle. Shake well, to mix the ingredients thoroughly. Cork with a cork that has previously been soaked in hot water until soft. Drive the cork in well and tie it down with a strong string. Put it in a cool place, a temperature of 52 is desirable, and let it remain for sixty hours. After that, keep it in the refrigerator or a dark, cold cellar. Open with a champagne tap, as it flies over everything if the cork is drawn.

It is used with great success in diseases of the stomach, consumption, chronic bronchitis, fevers, and any wasting disease. It helps to produce sleep without leaving any bad after effects.

MILK AND WHITE OF EGG.

Albumen is an important part of an invalid's diet, and as white of egg is nearly pure albumen, it is very valuable. It can be given in milk, without the patient being aware of its presence. Put a teacupful of milk and the white of an egg into a bottle, cork tightly and shake for three minutes. A few grains of salt can be added, or sugar if preferred. Water can be substituted for the milk, with a teaspoonful of lemon juice to give it flavor.

MILK PUNCH.

Half a pint of milk, one tablespoonful of brandy, or two of whiskey, or three of sherry, a little sugar and grated nutmeg. Pour into a bottle, and shake three minutes.

MILK WHEY.

To one pint of milk slightly warmed, add a dessertspoonful of liquid rennet. When the curd is set, break it up with a fork; let it stand half an hour and pour off the whey. Sherry may be added to flavor it if desired, and sugar if it is liked.

EGG NOGG.

Beat an egg light; stir in a scant teaspoonful of sugar, put it in a glass and fill with milk. A few drops of Royal Extract of Vanilla can be added, or the yellow of a lemon rind carefully grated so that none of the bitter white pith comes off with it, is a pleasant flavoring. It should be mixed with the sugar. If stimulant is ordered, stir it in last, as the alcohol cooks the egg and hardens the sugar if put in before the milk.

EGG BROTH.

Beat an egg very lightly, add half a teaspoonful of sugar and pour on it a pint of boiling milk, heating it quickly to prevent curdling. Half a pint of boiling water may be used instead of the milk. Serve very hot.

OATMEAL GRUEL.

Have ready in a saucepan one pint of boiling water. Moisten one heaping tablespoonful of oatmeal with two tablespoonfuls of cold water, add salt, and stir the oatmeal with the boiling water. Let it boil slowly one hour. The gruel can be sweetened or flavored with cinnamon or lemon juice to taste. It can also be made with milk instead of water. If too thick, it can be thinned with milk after it is cooked.

INDIAN MEAL GRUEL.

Make the same as oatmeal gruel without the flavoring. Long, slow boiling is essential to success with gruels.

RICE WATER.

Wash two tablespoonfuls of rice and boil it in one quart of water for an hour. Add lemon juice or Royal extract of lemon and sugar to taste, or if sweet is not liked, a little salt or the lemon juice alone.

BEEF TEA.

Neck of beef is the best part for beef tea or beef juice. Cut one pound of meat in inch square pieces removing any particle of fat. Pour over it one pint of cold water and add a little salt. Put it in a saucepan on the back of the stove where it will heat gradually. When it comes to the boiling point, put a hot cover under it and let it stand one hour, hot but not boiling. Pour off the juice, holding back the meat with a spoon. Do not strain it.

SAVORY BEEF TEA.

Cut one pound of lean beef into small pieces. Put one ounce of butter into a frying pan, when hot shred into it half a small onion, when this is brown, put in the meat and stir it until it is no longer red, about five minutes. Turn all into a saucepan with one pint of cold water; let it come to the boil and simmer gently one hour. Strain through a colander or sieve; add pepper, salt, and celery salt if it is liked. When cold, remove the particles of butter from the top and heat again before serving.

This is most suitable for convalescents.

PURE BEEF JUICE.

Have a thick slice of juicy steak cut from the top of the round. Cut it in strips; hold it on a gridiron over a clear fire for a minute to draw the juice to the surface. Press out the juice with a lemon squeezer or any pressure that can be brought to bear on it.

Either this recipe or the following one is valuable when nourishment is to be given by enema. Add one grain of pepsin to each tablespoonful of beef juice and let it stand half an hour in warm water at 100° Fahr. This partially digests the food before it enters the bowels, and enables it to be more easily absorbed to nourish the body.

HEATED BEEF JUICE.

Put two pounds of juicy beef cut in small pieces and free from fat into a jar or wide mouthed bottle, add a pinch of salt; set the jar in a pot of cold water, leave it for one hour after the water begins to boil. Pour off the juice pressing the meat with a spoon and season with celery salt if liked.

OYSTER SOUP.

Half a pint of oysters, half a pint of milk, one teaspoonful of butter, one dessertspoonful of flour, salt to taste. Melt the butter in a saucepan, add the flour, stir to prevent burning until it is thoroughly blended. Pour in the oyster juice gradually, add the milk, and when the mixture boils put in the oysters. Let them cook about two minutes until they are plump and the edges curl.

OYSTER BROTH.

Take a pint of milk and oyster liquor, half of each if the latter is not too salt. Cut half a pint of oysters in small pieces and put in the cold mixture, heat and boil ten minutes. Strain out the oysters and serve.

If milk cannot be digested, water can be used instead.

CLAM BROTH.

Wash half a dozen hard shelled clams and place them in a kettle over the fire with six tablespoonfuls of boiling water. When the shells open remove them. Strain off the juice, season with salt and pepper and serve.

If liked, half a pint of milk can be added with a little butter and flour to thicken it.

MUTTON BROTH.

Cut two pounds of lean mutton into squares, removing every particle of fat. Cover with one quart of cold water, let it come to the boil, and simmer slowly two hours. Twenty minutes before it is taken up, add one tablespoonful of well washed rice. Put in salt and pepper to taste.

CHICKEN BROTH.

Weigh the fowl, an old one is best, and to each pound allow one pint of cold water. Break the bones and cut the meat

small. Cover with the water and add one tablespoonful of rice. After it comes to the boil, let it simmer for two hours. Strain, season with salt and a little pepper, and serve hot. Only half the fowl need be used at once.

FLORENCE NIGHTINGALE SAYS:—

“There are four causes of starvation among the sick. First, defective cooking; second, defect in choice of diet. Third, want of judgment as to the hours of giving nourishment; fourth, want of appetite on the part of the patient.”

The nurse is responsible for the first three. Let the home nurse ponder this well.

CHAPTER VIII.

SOLID FOOD.

MILK TOAST.

Cut a thin slice of bread, toast it evenly a delicate yellow brown, put it on a hot plate, cut it in four pieces, removing the crust, and pour over it half a pint of boiling milk previously thickened with one teaspoonful of flour rubbed smooth with a little cold milk and boiled in it. Salt to taste.

OATMEAL BLANC MANGE.

One pint of boiling water with a tiny pinch of salt. Sprinkle into it by degrees half a teacupful of oatmeal. Let it boil three-quarters of an hour, stirring it occasionally with a fork. When done, add sugar to taste and the juice of half a lemon if it is liked. Have an egg well beaten and pour the boiling mass on it, beating with a fork until thoroughly mixed. Return to the saucepan and let it come just to the boil. Pour into a mould wet with cold water. When cold, turn out and serve surrounded with whipped cream.

WHIPPED CREAM.

Cream to be whipped should stand on the ice until thoroughly chilled, and be at least twenty-four hours old. Put it in a cold bowl and beat with an egg-beater until it is solid. Sugar and any flavoring desired may be added before it is beaten. If

old enough and cold enough it will become a solid mass in ten minutes. Do not skim off the froth nor lift out the beater until it is done.

It may be eaten alone, or with bread, or toast, and is a delicious addition to any of the following dishes.

LEMON CORNSTARCH.

One tablespoonful of cornstarch, one teacupful of boiling water, one egg, sugar to taste, one teaspoonful of butter, juice and grated rind of half a small lemon. Mix the cornstarch with a little cold water, add the boiling water and let it boil ten minutes. Put in the sugar and pour the mixture on the yolk of the egg well beaten. Add the lemon juice and grated rind. Pour into a small pudding dish and bake ten minutes. Beat the white of the egg with two tablespoonfuls of sugar and spread it on the top. Return the dish to the oven for a few moments to color the meringue a delicate brown. Serve cold.

LEMON SPONGE.

Half a pint of water, half an ounce of gelatine, whites of two eggs, a quarter of a pound of sugar, juice of one large lemon. Soak the gelatine in enough warm water to cover it until it is perfectly soft. Heat the half pint of water and pour over it. Add the sugar and lemon juice, beat in the egg, it being first well beaten. Let the mixture get very hot but not quite boil. Pour into the dish in which it is to be served.

SNOW JELLY.

Half a small box of gelatine, half a pint of cold water, eight tablespoonfuls of boiling water, half a cup of sugar, the whites of two eggs, juice and grated peel of one lemon. Dissolve the gelatine in the boiling water. When cool, add the other ingredients except the eggs. When the mixture stiffens, add the whites of egg beaten to a froth, and beat all together until light like new fallen snow.

Make a custard with half pint of milk and the yolks of the two eggs, a little sugar and grated lemon peel, and pour around the snow jelly.

JAUNE MANGE.

Soak half an ounce of gelatine and dissolve it in a little boiling water. Add half a pint of hot water and strain. Squeeze in the juice of one orange, add four tablespoonfuls of sherry, the yolks of two eggs well beaten and sugar to taste. Stir over a gentle fire until it just boils. Pour into a mould wet with cold water.

Dishes made with gelatine are better prepared the day before they are to be used.

RICE JELLY.

Boil a quarter of a pound of rice in one quart of water for an hour, strain off the water, sweeten to taste and add the juice of a small lemon. Pour into a mould to form.

COFFEE JELLY.

One ounce of gelatine, three quarters of a pint of strong clear coffee, a quarter of a pint of cold water. Soak the gelatine in the water. Heat the coffee, sweeten to taste and pour it on the gelatine. Stir until perfectly dissolved and pour it into a mould. Serve surrounded with whipped cream.

LEMON JELLY.

One ounce of gelatine, half a pint of cold water, half a cupful of sugar, the juice of one large lemon and enough cold water added to it to make half a pint of liquid. Soak the gelatine in the water and dissolve it by setting the bowl containing it on the top of a boiling tea kettle. When dissolved, add the other ingredients, the sugar first, stir well and pour into a mould. It need not be boiled or strained.

COFFEE CUSTARD.

Twelve tablespoonfuls of milk and four of strong coffee, sweeten to taste and let it come to the boil. Pour the boiling mixture on the well-beaten yolk of an egg. If boiled custard is desired, return it to the saucepan, set it on the fire and stir until it thickens, but do not let it boil or the egg will curdle.

If a baked custard is preferred, instead of pouring the mixture into the saucepan, put it into a kitchen cup, set the cup in

a pan of boiling water, and put it in the oven for ten or fifteen minutes until it is set.

CHOCOLATE CUSTARD.

Mix a tablespoonful of grated chocolate with a little milk until smooth. Add enough milk to make half a pint, sweeten to taste. Let it come to the boil and pour it on the yolk of an egg well beaten. Proceed as directed for coffee custard.

PLAIN CUSTARD.

This can be made in the same way, using the yolk of an egg to half a pint of milk, sugar to taste, and any of the Royal Flavoring Extracts, orange, vanilla, rose, almond or ginger, as desired.

RICE PUDDING.

Wash one tablespoonful of rice. Boil a pint of milk and pour over the rice. Let it cook for half an hour, stirring three times at intervals of ten minutes. Then add a tablespoonful of sugar. As the milk boils away, fill up the dish to the original quantity with hot milk. Cook two hours in all. This gives the rice a delicious flavor. Keep the dish where it will not burn while cooking.

ICELAND MOSS BLANC MANGE.

Wash well an ounce and a half of the moss, pour over it half a pint of cold water. Set it on the fire and add three-quarters of a pint of warm milk and a little sugar. Cook in a double boiler, (or a tin kettle set in boiling water, which is an excellent substitute) until the moss is dissolved. Pour into cups and serve cold.

RENNET CURD.

Sweeten one pint of milk to taste, add four tablespoonfuls of sherry, or a little of any of the Royal flavoring extracts, or no flavoring at all if the taste of the milk is liked. Warm until the chill is taken off, about the same temperature as the milk is when it comes from the cow. Add half a tablespoonful of Liquid Rennet, a little more if sherry is used. Stir thoroughly and set it away for the curd to form. Serve with plain or whipped cream.

ICE CREAM.

Sweeten a pint of cream to taste and add vanilla, orange, lemon or rose Royal Flavoring Extract. If this is too rich for the patient use half milk and add the whites of two eggs beaten with the sugar.

If a small ice cream freezer is not at hand one can be readily improvised by using any tin vessel with a tight fitting cover. Put the cream in this and have a larger jar or vessel that will hold it. Pack around it in the outside jar ice and salt in the proportion of one-third of the latter to two-thirds of the former. While the ice cream is freezing, lift the cover from the inner vessel several times and scrape the frozen cream from the sides, beating the mixture thoroughly. This makes it smooth and velvety.

SHERBET.

Half a tablespoonful of gelatine soaked in four tablespoonfuls of cold water, add four tablespoonfuls of boiling water; when dissolved, add half a cup of sugar melted in half a cup of cold water. Stir in a teacupful of orange juice and freeze like ice cream.

Lemon juice may be used instead, adding more sugar; or the juice of raspberries, or strawberries. The syrup from canned peaches is delicious.

FLAXSEED TEA.

Steep three tablespoonfuls of whole flaxseed in one pint of boiling water for one hour. Strain, sweeten to taste, and add the juice of a lemon if preferred. Add half a pint of water to the seeds and steep again. Do not boil it.

In all these receipts it is directed to sweeten to taste, because as a rule sick persons like very little sugar, much less than when they are well, and to oversweeten a dish makes it nauseous to them.

ICE.

Ice can be kept by wrapping a lump in newspaper and covering it loosely with an old carpet. To keep cracked ice, tie a piece of coarse flannel over a bowl hollowing it in the middle

to hold the pieces of ice. Lay a square of coarse flannel over it and it will keep for hours. The water drains through the flannel into the bowl beneath, and the ice, being kept dry, does not melt so fast.

CHAPTER IX.

NURSING IN SPECIAL DISEASES.

There are many simple ailments that can be successfully treated by an experienced person without the help of a doctor; but when there is any doubt whether a case is serious or not, he should always be sent for. It is much better to send for him ten times unnecessarily, than once to put it off until too late, and it saves money, time and strength in the end to have his advice early in the illness.

If rest, warmth and abstaining from solid food for ten or twelve hours, with a free movement of the bowels, does not bring about a change for the better, it is a case for the doctor, and he should be called at once.

INDIGESTION.

Symptoms:—Heaviness and fullness after eating, almost constant and fixed pain often combined with belching, headache or pressure over the heart. There are other forms, but these are the most common.

Treatment:—Plenty of outdoor exercise, bringing arm and chest muscles into play. The bowels should be kept open by a daily enema of hot water, or by some simple laxative as "The D. & L." Liver Pills.

Diet:—What agrees with one will not with another, so different kinds of food must be tried—such as koumiss, peptonized milk, oatmeal gruel or porridge, cracked wheat, rye bread, soft boiled or poached eggs, rare meat, raw beef scraped, mixed with bread crumbs, made into pats and heated through on a gridiron; baked potatoes, broiled fish, rice pudding, or any simple blanc mange. Stimulants should be avoided, and tea or coffee used in moderation.

CONSTIPATION.

Some persons are naturally constipated, others become so through sedentary habits, or improper diet. A moderate amount of exercise is most beneficial.

Treatment:—Frequently a glass of cold water before breakfast and another at ten o'clock will be effectual, or moist applications over the bowels may be tried. A piece of flannel wrung out of warm water and squeezed as dry as possible can be bound on with a broad bandage and worn for two or three hours a day.

Kneading the Bowels:—Every morning before rising, the bowels should be pressed or kneaded, beginning low down on the right side working up across the abdomen and down the left side, finishing with a general pressing and rubbing of the whole surface. The operation should continue about ten minutes.

Diet:—Brown bread, Indian meal porridge and molasses, oatmeal, fresh fruit, vegetables, very little meat, stewed prunes and apples, figs soaked over night and eaten in the morning, and coffee without sugar. Depend more upon changes in your diet and exercise than upon medicine, but in some cases it is essential to take a mild cathartic, for such would recommend "The D. & L." Liver Pills which have the endorsement of the physicians generally.

DIARRHOEA.

This is a symptom that the digestive tract is out of order, rather than a disease in itself, due generally to some indiscretion of eating. When it becomes chronic, it requires medical treatment, but if taken in time is seldom severe.

Treatment:—A tablespoonful of castor oil to carry off the indigested food, and if much distress an enema of four tablespoonfuls of thin starch with thirty drops of Laudanum may be given. Rest in bed a broad flannel bandage wound around the bowels. Abstinence from solid food and one teaspoonful of Perry Davis' Painkiller in hot milk or water with a little granulated sugar immediately after each operation.

Diet:—Boiled milk, cornstarch, rice and flour gruel. Later milk toast.

DYSENTERY.

This is an inflammation of the mucous membrane of the large intestine, more serious than Diarrhoea.

Symptoms are chilliness, some fever and frequent movements from the bowels mixed with blood and mucous. Great pain and straining in the bowels.

Treatment:—The patient must not be permitted to leave his bed as there is danger of perforation of the intestine. Give a teaspoonful of Painkiller in a wine glass of hot water with a little sugar every half hour until pain is relieved. Also apply hot Painkiller compresses to the abdomen. The bed and body linen should be changed frequently. Do all that you do in a vigorous manner, as dysentery is a serious disease and apt to run into the chronic form.

Diet:—Boiled milk, gruels of flour, rice, cornstarch or arrow-root.

CHOLERA MORBUS.

Cholera morbus is the popular or household name for a common but painful affection of the stomach and bowels. The causes are about the same as those in common diarrhoea.

Symptoms—are all far more severe than in diarrhoea. The attack comes on quite suddenly, and frequently at night, after a few hours of discomfort. Frequent vomiting, lively purging, and severe pains rapidly follow. The thirst is intense, and the pulse feeble; the skin cool, and the body bathed with a profuse sweat. Use vigorous treatment at once.

Treatment.—Vomit the patient with mustard and warm water if the trouble is due to indigestible food. Give at once a teaspoonful of Painkiller in a wine glass of hot water with a little sugar. Repeat the same dose every half-hour until the pain is relieved. Rub the stomach and bowels with the hand wet in Painkiller. Wring out flannels in very hot water to which a tablespoonful of Painkiller has been added, and put across the stomach and the bowels. Change them every twenty minutes. If there is much vomiting, settle the irritated stomach by drinking freely of hot water to a cupful of which a few drops of Painkiller have been added.

Diet.—Boiled milk, cornstarch, rice and flour gruels. Later milk toast, egg nogg, blanc mange.

BILIOUSNESS.

Results from partial inactivity of the liver.

Symptoms.—Nausea after eating, flatulence, distention of bowels, cold feet, pain in the back of neck, loss of appetite, disagreeable taste in mouth, dizziness, depressed spirits, yellow tinge in white of eyes.

Treatment.—Abstinence from food for eight hours. Two or three doses of "The D. & L." Liver Pills. Drink carbonated or even plain cold water at frequent intervals. Kneading the bowels morning and evening facilitates a cure, also abdominal compresses of cold water applied nightly.

Diet.—No meat, plenty of vegetables, fresh fruit, especially grapes, bread, tapioca or rice pudding, gruels, mutton broth, lemonade— no coffee or tea.

PILES.

Usually result from constipation and if not attended to in time may have to be removed by the surgeon's knife.

Treatment.—Regulate the bowels by a gentle laxative, or a daily Enema, wash the affected parts in cold water and apply Dr. Weaver's Cerate locally. This remedy has long been found excellent for this purpose and usually effects a cure in a short time.

INFLAMMATION OF THE BOWELS.

This may be caused by exposure to wet or cold, neglected constipation, or a blow on the abdomen.

Symptoms.—Pain in a part of the bowels, which becomes more severe on motion or pressure, constipation, fever and vomiting.

Treatment.—Perfect rest in bed until the inflammation has gone down. Poultices of flaxseed meal. In some forms the doctor orders castor oil or an enema, but this would be dangerous in many cases, so it must be left to him to decide.

Diet.—Milk, oatmeal, gruel, rennet, curd, beef juice, beef extract, soft blanc mange and raw eggs.

Constipation should never be neglected on account of the possibility of its causing inflammation of the bowels.

APPENDICITIS.

Is an inflammation of the vermiform appendix (a small blind pouch near the junction of the small and large intestine.) It is sometimes caused by a small seed or particle of indigested food, or may result from a blow, strain or cold.

Symptoms:—Severe pain, swelling and tenderness on the right side of lower part of abdomen, constipation and later vomiting.

Treatment:—Absolute rest in bed, application of hot Painkiller, turpentine or mustard poultices. The bowels should be moved with an oil or soap suds enema. The doctor will give further directions.

Diet:—The same as for Inflammation of the bowels.

COLD.

A bad cold is the forerunner of many serious diseases. It should never be neglected.

Treatment:—Take a warm bath, go to bed between blankets with a hot water bag at your feet, drink half a tumbler of hot water with a teaspoonful of Painkiller and a little sugar in it. In case the head feels hot and oppressed, soak the feet for 20 minutes in 12 quarts of very hot water. The bowels should be kept open. When the chest is sore, rub in Painkiller, cover with two thicknesses of flannel, wear for several days, removing one cover at a time. When the nose becomes stuffed up snuffing salt water is to be recommended.

Diet:—Porridge, bread and milk, eggs, blanc mange, plain puddings. Avoid meat and heating foods.

COUGH.

Is the result of an irritated or inflamed condition of the membrane of the throat, windpipe or lungs. Affecting as it does some of the most vital organs of the body it should never be allowed to run on. Early attention will prevent its turning into Bronchitis, Pneumonia or Consumption.

Treatment:—Avoid dusty atmosphere, wind and raw air.

Rub the throat with warm sweet oil and protect it with a flannel bandage. If it feels raw and the cough is hard and dry take Allen's Lung Balsam faithfully until the desire to cough ceases and the inflamed membranes are healed.

Diet:—Bread and milk, honey, eggs, fish, boiled rice, jellies, light puddings. Avoid all sharp sauces and seasoning, such as pepper, mustard, vinegar, etc.

SORE THROAT.

Should be checked at once, as it may turn into **Bronchitis**, **Tonsillitis**, or **Diphtheria**, even affecting the lungs.

Treatment:—Gargling with hot water is beneficial when the soreness is first felt and very often prevents its extension. In more aggravated cases add a little Painkiller and sugar to the water. A piece of cotton or linen wrung out in cold water should be bound around the neck with a flannel bandage, or a Painkiller compress applied on going to bed. If the throat is relaxed a gargle of alum and water will relieve it. Should white patches or spots appear they indicate an ulcerated or diphtheritic condition and the doctor must be called at once.

Diet:—Milk, egg nog, beef juice, cocoa, gruel, rare juicy meat or any nourishing food that can be taken.

LA GRIPPE.

Or influenza is generally considered contagious, and while not usually dangerous itself, often leaves the system so weakened, that careful attention to the general health is necessary.

Symptoms:—Headache, loss of appetite, pains in the small of the back often extending all over the body, slight chills and fever, great weakness and general depression of mind, sneezing, hoarseness and cough.

Treatment:—Soak the feet and legs in hot water to which several tablespoonfuls of Painkiller have been added, put the patient to bed, apply hot water bags to the head and spine, give teaspoon doses of Painkiller in hot water sweetened with sugar every three hours, and a two grain quinine pill three times daily.

This method of treatment with complete rest in bed will usually cure the disease in a few days.

Diet:—Milk, raw eggs, beef juice, mutton or chicken broth, calfsfoot jelly. During recovery very nourishing diet including "The D. & L." Emulsion to bring about a rapid return to natural strength and weight is advisable.

BRONCHITIS.

This is an inflammation of the bronchial tubes through which the air is carried to the lungs.

Symptoms:—The upper part of the chest is tight and sore. A hard dry cough appears, combined with hoarseness and sometimes complete loss of voice.

Treatment:—Rub the chest well with warm sweet oil and cover it with two or three layers of cotton batting. Take Allen's Lung Balsam until the cough is relieved and protect the throat well in raw or windy weather.

Diet:—Milk in all its forms, beef juice and extract, mutton and chicken broths; later any light nourishing food, and a good tissue building tonic like "The D. & L." Emulsion.

ASTHMA.

Is an affection of the respiratory organs and is characterized by great difficulty in breathing, tightness across the breast and an oppressive sense of impending suffocation. The paroxysms are usually severest during the night-time. After a few hours the patient generally raises a quantity of tough phlegm which gives, however, only temporary relief.

Treatment:—Stir one ounce of Iodide of Potassium into one quart of water, and take one teaspoonful every three hours in a wineglass of water. Loosen the phlegm and stop the irritation of the membranes of the throat by hourly doses of Allen's Lung Balsam. Hot compresses over the heart and lungs, inhalations of steam, and hot foot baths are also beneficial. If subject to attacks avoid sudden changes of temperature from hot to cold without careful protection of lungs and throat.

PLEURISY.

This is an inflammation of the membrane that lines the chest and covers the lungs.

Symptoms:—Sharp stabbing pains in the side, great difficulty in breathing, cough and fever.

Treatment:—Apply a Painkiller or mustard compress to relieve the pain. Then rub the side with warm sweet oil and cover it with flannel. Five grains of Quinine three times daily will exert a favorable influence. Unless an improvement is soon evident in the patient's condition send for the doctor

Diet:—Same as in Bronchitis. "The D. & L." Emulsion is of great value for giving tone to the system during convalescence.

PNEUMONIA.

This is an inflammation of the lung itself. When both lungs are affected it is called double Pneumonia.

Symptoms:—It begins with a chill, followed soon by fever and rapid full pulse. The breathing is oppressed, and sometimes there is pain in the chest. The cough is short and dry. About the third day it is accompanied by an expectoration of reddish mucous. This is a very serious disease. Send for the doctor, and in the meantime do what you can, and that promptly.

Treatment:—Rub the chest with warm sweet oil. Put on a poultice jacket and cover the chest with flaxseed poultices, never allowing them to become cold. The doctor will order medicine.

Diet:—The same as in typhoid fever. "The D. & L." Emulsion will aid in building up the system when convalescent.

RHEUMATISM.

Acute Rheumatism or rheumatic fever is a most painful inflammation of several of the larger and smaller joints, which one after another become swollen, red, hot, sensitive, and at last cannot be moved without the severest pain.

Treatment:—The Nurse must be very patient and gentle. The sufferer should lie between blankets and wear a flannel nightdress. There is always excessive perspiration. The body must be often rubbed off with warm soft towels, passing the hand under the nightdress to do this. A warm sponge bath of strong salt and water twice a day, morning and night, is good.

The sick person must be moved as little as possible. The vessels and everything used about him must be warmed before introduced into the bed. Salicylic acid or Salicylate of Sodium are usually given ten grains twice a day.

Diet:—Milk in every form in which it can be prepared, as gruels made with it, blanc mange, puddings, custard, koumiss, eggs, and vegetable soups, particularly celery.

The thirst is checked by drinking lime or lemon juice.

Acute Muscular Rheumatism is a most painful inflammation of one or more muscles. When it settles in the loins it is termed lumbago, and when attacking the posterior part of the thigh and leg is called sciatica. All cold and dampness must be guarded against and the patient should wear flannel garments next the skin. Perry Davis' Painkiller applied as a liniment well rubbed in relieves the pain. When it has settled in one spot like the back or shoulder, a Hazol Plaster reaches the pain and draws it out.

NEURALGIA.

Is a disease of the nerves and muscles. It is frequently caused by cold, anæmia, overwork or constipation. Sharp cutting pains appear and may attack any part of the body. It is distinguished from Rheumatism by the absence of fever.

Treatment:—Apply a hot water bottle to the seat of pain. In severe cases a Hazol Plaster will be most efficacious. Massage is also to be recommended, and the bowels should be kept open. Cold and draughts must be carefully guarded against, as they are sure to aggravate the trouble.

Diet:—Plenty of milk, "The D. & L." Emulsion three times a day, and nourishing food. Those articles prescribed for constipation will be of use. Meat can be eaten in moderation if not fried.

SCROFULA.

This is a disease of the blood which usually develops in childhood. It may be transmitted from parents, or be caused by deprivation of pure air and sunshine.

Symptoms:—The glands of the neck, armpits, or groins swell. There may be sores in different parts of the body, or

the bones or joints are affected. Sometimes angry ulcers break out, freely discharging pus.

Treatment:—Sea air, salt water bathing and sunshine. The skin should at all times be kept perfectly clean with good castile soap and the free use of a rough towel. Dr. Weaver's Syrup should be taken faithfully, regulating the dose according to the age and general condition of the patient.

Weaver's Cerate should be applied freely to the eruptions appearing.

Diet:—Plenty of fat, cream, milk, butter, fresh meat, eggs, fresh vegetables, oatmeal and brown bread.

ERYSIPELAS.

One of the most serious and disagreeable of skin diseases and usually regarded as infectious. Starting from one point often spreads rapidly over large sections of the body. It is generally known by a prickling sensation of the skin, with great heat, itching, and sometimes swelling, especially after heating the blood; often settling in some part of the body or limbs, and forming painful and inflamed ulcers, which are very difficult to heal, and which will often re-open after they have healed.

Treatment with Weaver's Syrup should be persistent and carefully regulated according to the age and condition of the patient. Wash the affected parts with pure Castile soap and apply Weaver's Cerate to the eruptions freely.

Diet:—Nourishing food that is easily digested, like cream, rye or graham bread, butter, fresh fish, meat, eggs, fresh vegetables, cereals.

CONSUMPTION.

Symptoms:—Consumption in most cases comes on slowly with pains in chest, cough, shortness of breath, perhaps bleeding from the lungs, debility and general wasting of the body. Occasionally it follows an acute attack of Pneumonia or some other disease of the chest.

Treatment:—Pure air and plenty of it, gentle exercise, nourishing food, tonics.

Pure air should be introduced into the sleeping room at

night by having a fire if the air is cool, and then leaving the window open protected with a flannel as directed in chapter II. Bad air is positive poison to consumptives. They should live out of doors as much as possible. A mild dry climate in an elevated locality is the best. So long as a consumptive holds his own in weight he will be able to successfully combat this disease. The regular and continued use of "The D. & L." Emulsion is highly recommended for its excellent flesh producing qualities.

Diet.—As much fat as can be digested in the shape of butter, cream, oil made into mayonaise or salad dressing, and the fat of meat. New milk warm from the cow, koumiss, raw eggs in every form, and milk should be freely used. Sometimes they can be taken beaten up with cold water. Poultry, fresh fish, beef and mutton are good. Pork and veal being indigestible should be avoided. Tomatoes, potatoes, young onions, and almost any fresh vegetables are beneficial.

DIPHTHERIA.

Diphtheria is a disease of the blood which shows itself in the throat by a grayish white membrane.

Symptoms.—Feverishness, difficulty in swallowing, stiffness of the neck, swelling of the glands of the throat outside.

Treatment.—Isolate the patient and send for the doctor at once. Follow his instructions closely. There is no time to trifle with home remedies. Gargle the throat with chlorate of potash tablets dissolved in water until the doctor comes. Provide old cloths to receive the discharge from nose and mouth and burn them as soon as used. Disinfect everything that comes from the sick room.

Diet.—The most nourishing and concentrated diet possible: beef juice, beef extract mixed with equal portions of cream, milk and white of egg. If brandy is ordered give it in milk.

The regular use of "The D. & L." Emulsion during convalescence aids in building up the system better than anything else.

SCARLET FEVER.

Symptoms.—Headache and feverishness for two days, then a bright red rash appears, first on the face and neck. It

spreads evenly over the surface of the skin, and is not raised to the touch as the rash of measles is. Fever runs high and the throat is sore. The rash is sometimes visible before it appears outside. It is not considered to be infectious until the throat begins to be sore.

Treatment.—Send for the doctor. Isolate the patient. Keep him in bed, the room at a temperature of about 65° F. Give him a warm bath avoiding exposure. As the disease progresses and the skin begins to peel, keep the body well rubbed with Vaseline. Ventilation is very important but draughts must be avoided. Convalescence is slow and many complications may occur. Watch the quantity of water passed and report any diminution in it to the doctor. An adult should pass about three pints in 24 hours. Mention to the doctor even the most trifling symptoms. Disinfect everything that leaves the sick room. The patient should be isolated for six weeks from the beginning of the attack and after the case is over carry out the directions for disinfection and fumigation.

Diet.—This must be liquid until the fever subsides, milk plain and with white of egg, meat broths, koumiss, lemonade, plenty of cold water, not iced, pieces of ice to suck.

During convalescence "The D. & L." Emulsion is to be recommended as a strength producing tonic.

TYPHOID FEVER.

Symptoms.—Headache, loss of appetite, pains in the back and legs, bleeding at the nose, a slight cough, fever. About the end of the first week the abdomen swells, and a few rose colored spots appear on it and sometimes there is diarrhœa. In this case the motions are a yellowish color.

Treatment.—Much depends upon the nursing. The precautions against bed sores must be taken from the start, the patient kept clean and dry as directed in Chapter IV. A daily sponge bath is needed. Sometimes one is ordered every few hours to reduce the fever, then add alcohol to the water. Do not allow the patient to get out of bed. The bowels are ulcerated, and exertion or improper food may cause these ulcers to penetrate the coats of the bowels, inflammation sets in and death follows.

Disinfect the discharges, as the disease is communicated by their means. Keep the temperature at about 65° F. Pure air is of vital importance. Do not let the patient be excited or worried by visitors. If there should be a hemorrhage from the bowels in the doctor's absence, give an enema of starch of four tablespoonfuls, laudanum sixty drops. Then give one teaspoonful of brandy in four of milk by mouth every fifteen minutes for two hours.

When convalescing nothing will build the patient up as quickly as "The D. & L." Emulsion.

CHAPTER X.

ACCIDENTS AND EMERGENCIES.

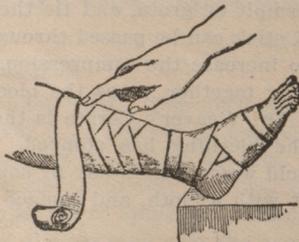
Prepare yourself for emergencies by making up your mind before hand just what to do. When the accident happens, keep cool and put your plans into practice.

When sending for the doctor write a short statement of the case that he may know what has happened, and what instruments and appliances to bring.

Bandages in assorted sizes, a bottle of Perry Davis' Painkiller, a roll of adhesive plaster and a roll of absorbent cotton, should be kept in every house for emergencies.

BLEEDING WOUNDS.

Wash the part well in cold water. If it is a clean cut, when the bleeding stops, draw the edges together and strap with narrow strips of rubber plaster, leaving a space between each. Lay a piece of cotton wet in cold water over it and fasten with



Bandaging a leg, showing method of reversing the bandage.



Bandaging an ankle.

a light bandage. After twenty-four hours dress with "Dr. Weaver's Cerate" spread on linen.

When the bleeding does not stop and the blood soaks through the bandage, it is probable that an artery is cut. Take off the dressings, raise the limb and bind a wet cloth tightly on the bleeding point. If the blood continues to drip, fold a hard ball or small round stone in a strip of cotton, place it on the inside of the limb, just under the swell of the muscle near the



Impromptu tourniquets for compressing an artery with a handkerchief and a stick.

armpit or groin, and tie the bandage tightly around the limb. A stick can be passed through the knot and a bandage twisted to increase the compression. This brings the sides of the artery together, stops the blood and saves life.

Dr. Weaver's Cerate is the best dressing for a wound after the bleeding has stopped. If matter collects wash it with cold water once a day by squeezing water over it, not touching it with a cloth, and replace the dressing.

BLEEDING FROM THE NOSE.

This is an early symptom of typhoid fever, but often means nothing more than a little fullness in the head. Make the patient lean back in a chair, and hold a wet sponge to the nose to receive the blood. Wrap a piece of ice in flannel and hold it to the back of the neck. Sniff cold salt and water up the nostrils. If the flow is still alarming, send for the doctor as the nose will have to be plugged.

BRUISES.

If possible, raise the bruised part so that the blood will run away from it. Apply cloths wrung out of ice water, do not let

them drip, but change often in order to keep them cold. If there is much pain bathe the affected part with Painkiller, and follow directions on each bottle.

SPRAINS AND STRAINS.

Soak the part in water as hot as can be borne, adding more to keep up the heat for an hour. Then wrap in flannel wrung out of boiling water, lay on a Rubber Hot Water Bottle, change as often as necessary to keep it hot. After twenty-four hours wrap in dry flannel still continuing the hot water bottle. There is no treatment more effective than rubbing the injured part every two hours with Perry Davis' Painkiller used clear.

DISLOCATIONS.

When a bone is "out of joint" there is deformity of the part and intense pain, with difficulty of movement. Treat like a sprain to keep down the inflammation until the doctor comes. It should be put in place as soon as possible, so send immediately for him.

BURNS AND SCALDS.

If air is cut off from fire it cannot burn. Therefore when a person's clothes take fire, smother it as quickly as possible. Any woolen material wrapped around them will do this, if none is at hand and no water near, roll them over and over on the floor. Keep the mouth shut so as not to swallow the flame. After this has been put out, drench the clothing over the burned parts and remove very gently. Keep the injured portions of the skin wet with clear Painkiller until the "fire is all out" and the pain begins to stop. The first application will smart a few minutes then both smarting and pain disappear together. Keep the parts well protected from the air by bandages wet with clear Painkiller. Afterwards the wound may be dressed with equal parts of lime water and linseed oil, salad oil, vaseline or Dr. Weaver's Cerate. If the body is much burned raise the upper bed clothes on boxes so as not to touch it. Give warm milk and brandy if the pulse is feeble from shock and send for the doctor at once.

The most nourishing diet is needed.

If a child swallows boiling water, give white of egg and milk, also pieces of ice to suck. Apply hot fomentations to the throat and send for the doctor.

SHOCK.

This follows a blow or fall, the person is stunned, perhaps not unconscious, but pale, weak, and skin damp and clammy. Take off the clothes and wrap in warm blankets, wet the body with spirits of camphor, turpentine or Painkiller. Place hot bottles to the feet and legs. Give warm mixture of Painkiller and milk, brandy or whiskey if the pulse is feeble. When the head is hot apply cold cloths or ice. Send for the doctor.

FAINTING.

When the heart ceases to act for a moment, the supply of blood is cut off from the brain and the person loses consciousness. Lay the patient flat on his back and raise the feet somewhat higher than the head. Loosen the clothing about the neck, chest and waist, give plenty of air, dash a little cold water in the face and give a little strong stimulant.

These measures are usually sufficient. If not hold ammonia to the nose, press both hands on the chest and raise them quickly. In desperate cases try artificial respiration.

CHAPTER XI.

DISINFECTION.

This can be thoroughly carried out with Boiling water, Corrosive Sublimate, Carbolic Acid, Sulphur and Copperas.

It should be understood that pure air is the best disinfectant. If a case of infectious disease could be nursed out of doors there would be little need of anything else.

Supply warm air and keep the windows open as much as possible.

If the sick room communicates with another do not use the door into the hall, but keep it locked and pass through the adjoining room, where the windows should always be open. If there is only one door hang a sheet over it and keep it con-

stantly wet with solution of corrosive sublimate, or carbolic acid. Use as far as possible old clothing that can be burned. Keep a tub half full of corrosive sublimate solution and into this put every article of clothing from the patient, or bed, that is to be washed. After soaking for some hours, wring them out and send to the laundry, where they must be washed alone and boiled.

After a vessel has been used, before emptying, fill it with copperas water, after emptying, wash it in hot water, rinse in copperas water, scald with boiling water, and leave it outside the sick room until needed again. Do not let any dishes used in the sick room leave your hands until they are washed and rinsed in scalding water.

Make this rule and stick to it. "Nothing is to leave the sick room until it has been disinfected," then the disease cannot spread. The nurse must wear a cap to protect her hair, change her dress, take off her cap and wash face and hands before she goes near any other person.

When the patient recovers, he must have a full bath of water in which a pound of powdered borax has been dissolved, his hair washed, and every article of clothing changed before he is allowed to mix with the family.

When the patient leaves the sick room open the windows and carry away soiled clothing to be disinfected. Put mattresses and pillows out in the sun, sprinkle them with corrosive sublimate solution, and after twenty-four hours send them to be made over.

Open drawers and closets. Take an old coal-scuttle, or good tin pan, without holes in the bottom, place in a tub of water or box of earth so as to guard against fire, throw in some paper and shake over that two pounds of sulphur. Close windows and doors and if they do not fit tightly, paste paper over the cracks, leaving one door open to go out by. Light the paper under the sulphur and leave the room. Paste the keyhole of this door, and if necessary the cracks from the outside. In twenty-four hours go in and open the windows. When it is possible to breathe in the room, have the floor and woodwork washed, first with corrosive sublimate or carbolic acid solution, then with plenty of hot water and soap. Have the walls and

ceiling scraped, washed with the disinfectant solution and repainted or papered. Wash all the furniture and bedsteads; avoid, however, the use of corrosive sublimate upon metal.

In scarlet fever, diphtheria and smallpox it is safest to burn everything that cannot be boiled or treated as described.

Throw handfuls of dry copperas down the water closet morning and evening, and flush it well afterwards.

If a dry closet is used, throw in shovelfuls of copperas and cover the surface with lime, dry earth or coal ashes.

The nurse should hold herself responsible for the prevention of the spread of infection, as, if she does her duty, it is impossible for it to extend beyond the case in hand.

N. B.—Caution must be taken as to the extremely poisonous character of these disinfectants.

CHAPTER XII.

THE BABY'S AILMENTS.

A young baby requires judicious management to keep it in good health. Most of its ailments arise from improper feeding, lack of cleanliness, fresh air and sunshine.

FEEDING THE BABY.

During the first month the amount given at each feeding should be from 1 to 1½ ounces, this amount can be gradually increased, until at the age of ten months the average is 3 ounces. If the stomach is overcrowded the contents are rejected and the child vomits, or if the food is not disposed of in this way the stomach becomes uncomfortably distended, the food is not properly digested and the bowels disordered.

If a mother nurses her child there is not, as a general rule, so much trouble. The baby should be taught regular habits from the beginning and fed ten times daily at intervals of two hours during the first week. Month by month the feedings should grow fewer in number and the quantity of food be increased until at the age of 6 months there should only be six feedings at intervals of three hours.

Bottlefed babies require the greatest care. Some thrive well

on milk and water, others cannot assimilate this and often a number of different prepared foods have to be tried before the right one is found. If fresh milk can be obtained dilute it with the same quantity of boiled water, sweeten with a little sugar of milk, and feed the child when it is lukewarm.

In summer or at any time when there is a question of the perfect purity of the milk, prepare the food as directed above, put in bottle, wrap the bottle in a piece of flannel and stand it in a pot of cold water. When the water boils, and the milk and water begin to steam, cork the bottle tightly with a clean cork, and continue boiling for ten minutes. The heat kills any poisonous germs that may be in the milk. If the baby does not thrive on this food use one half cream and one half milk, and add an equal quantity of lime water to the water before nursing. The water can be diminished until at the age of one year the child takes pure milk. A bottle with a plain black rubber nipple should be used. It is nearly impossible to keep a rubber tube in good order. Two nipples should be provided and kept in clean cold water when not in use. They should be cleaned in baking soda and rinsed in hot water immediately after using. They should also be turned inside out and examined frequently, and not used too long. When the baby is four months old it sometimes can have barley gruel or strained oatmeal gruel; when a year old, beef juice, chicken broth, eggs and starchy foods in moderate quantity may be given. More solid food should not be tried until the child has cut its first molars. It should have a quantity of fresh sweet milk, but not coffee, tea, or indigestible food.

If the baby cries constantly and does not thrive, its food is disagreeing with it and must be changed.

DIARRHŒA.

A young baby may have several light, yellow colored movements in the twenty-four hours, and it is only when they become very thin and change to dark or greenish hue that the mother need be alarmed. Give a dose of castor oil, and after this every two hours one half teaspoonful of a chalk and bismuth mixture. Stop all food for eight hours. Careful local

washings should follow each movement. If it continues consult a doctor.

CHOLERA INFANTUM.

This is the most dreaded and fatal disease of infancy. It consists of a severe inflammation of the intestines and stomach, and is common especially with bottlefed babies, living in a city during the hot months. The attack often begins suddenly with severe purging, frequent vomiting, great prostration and a rapid loss of flesh and strength. Send for the doctor at once. This disease often does its dread work in a day. Until the physician comes, stop the cow's milk, and give the baby rice or barley water instead. Put fifteen teaspoonfuls into a glass, add to this 5 to 10 drops of Painkiller and one teaspoonful of the best French brandy with a little sugar. Of this mixture give teaspoonful doses every ten or fifteen minutes. Abdominal applications of flannel wrung out of hot water and Painkiller are also useful.

Cleanliness and frequent bathing in cool water are essential. Nourishment in the shape of beef juice, wine whey and chicken broth, should be given in small quantities at frequent intervals as soon as the stomach can bear it.

Give pellets of ice or a teaspoonful of cool water every few moments to relieve the intense thirst.

CONSTIPATION.

One of the most common complaints of babies is constipation. When the child is so young that the trouble cannot be remedied by exercise and a laxative diet, such as cereals, apple sauce, prunes and orange juice, gentle massage of the bowels with sweet oil must be resorted to, or the use of gluten or soap suppositories, or injections of lukewarm water containing a little salt, oil or soap. Never try drugs until all else fails.

WORMS IN THE INTESTINES.

Thread Worms:—Symptoms in children: fretful, itching of the anus and nose, pain in the stomach, occasionally convulsions and unconsciousness. The tiny worms like pieces of white thread, are sometimes seen in the motions.

Treatment:—Give two teaspoonfuls of castor oil every other night for three nights. Soak a tablespoonful of the chips of Quassia wood in a pint of water for one hour, strain it and add a tablespoonful of fine salt. With a bulb syringe inject a quarter of a pint of this infusion into the rectum every day until the whole is used.

Sometimes the worms are large, round and a very light brown. The best remedy for this species is Santonin. After the worms have been expelled, small doses of "The D. & L." Emulsion should be given to build up the system.

Diet:—While the worms are present this should consist largely of milk. Afterwards meat, eggs and other nourishing food.

CONVULSIONS.

May be due to any one of a dozen different causes: The most frequent are indigestion, constipation, intestinal worms, teething.

The child should at once be placed in a hot bath (100° F.) with mustard in the water to relax the muscles. While in it cold wet cloths, frequently renewed, should be kept on its head. Leave it in the bath for ten minutes and then wrap in a blanket without drying.

If the convulsions are due to teething lancing the gums is often most beneficial.

COLD IN THE HEAD.

This is sometimes a serious affection in a little baby. If the nose is stopped up it cannot nurse without choking, the feet should be soaked in warm water with a little mustard sprinkled in it, a half teaspoonful of castor oil given, and the nose well-rubbed with camphorated oil, or cold cream. If the child wheezes and breathes with difficulty the chest should be rubbed with the oil and five drops of syrup of Ipecac given and repeated in half an hour. If there is much oppression the child should be held over a pitcher of boiling water and allowed to breath in the steam.

CROUP.

Symptoms.—Physicians divide this disease into true and false croup, but the early stages of both are much alike to the non-professional eye. The child awakens with a loud barking cough, great difficulty in breathing, flushed face, quick pulse and hot skin.

Parents whose children are liable to croup should keep in the house powders of Turpeth mineral, three grains each, as this is the best emetic to use. A very convenient and excellent remedy is Allen's Lung Balsam, when used according to directions with each bottle.

Treatment.—Put the child at once into a hot bath. Give the emetic until it has vomited freely. Let it breathe the steam from a pitcher of boiling water, and if possible put a small lump of lime in the pitcher before pouring in the water. Rub the chest and neck with Painkiller for twenty minutes. If the case is progressing favorably the child falls asleep, the face is less flushed, the pulse slower and the breathing easier. Frequently half a tumbler of boiling milk filled up with some aerated water like Seltzer, Soda or Vichy, given as hot as the child can drink it, relieves the croupy condition. If improvement does not take place very soon, send for the doctor. When convalescing dress the child in flannel, and do not let it go out in the cold or damp air for some days.

Diet.—Give plenty of milk and gruels, beef tea and eggs. Avoid meat, too much candy, or any unwholesome food. Regulate the bowels to secure a movement every day.

MUMPS.

Symptoms.—A swelling of the glands below the ear. Taking an acid as lemon juice or vinegar into the mouth causes acute pain in the gland, and is one method of determining whether the swelling is mumps or not.

Treatment.—Any exposure to cold must be avoided, the swelling bathed in warm camphorated oil and wrapped in flannel. If there is much pain a flaxseed poultice can be applied. The bowels should be regulated with a gentle laxative such as "The D. & L." Liver Pills, and the patient kept away

from other children as the disease is infectious.

Diet:—Any light nourishing food that is easily swallowed.

WHOOPIING COUGH.

Symptoms:—Begins with all the symptoms of catarrh of the air passages and windpipe with fever and high pulse. About the tenth day the cough is violent, spasmodic and during the attacks the child may become perfectly blue. The disease may last from four to six weeks and even longer.

Treatment:—Isolate the patient from other children. Give steam inhalations and apply counter irritants to the chest. Allen's Lung Balsam reduces the violence of paroxysms of coughing and gives great relief. The child should go out in fine weather. If convulsions occur a hot bath is advisable while waiting for the doctor.

Diet:—Light nourishing food. The child usually loses considerably in weight during the disease and needs building up with an Emulsion of Cod Liver Oil like "The D. & L." for some weeks.

MEASLES.

Symptoms:—A cold in the head. After three or four days a rash appears on the forehead and face, soon extending to the body. It is a darker red than in scarlet fever and feels raised under the skin. The eyes and chest are the points of attack.

Treatment:—If the eyes are weak keep the room darkened. Supply fresh air, but guard against draughts and sudden chills, as cold may bring on bronchitis. The temperature should be about 70 degrees. Isolate the patient on the first symptoms as it may be conveyed before the rash comes out. Give a warm sponge bath daily. Keep the chest protected and bowels regulated.

Diet:—Gruels, broths and milk while the fever is high, then toast, blanc mange, porridge and light puddings, finally digestible meats and vegetables. "The D. & L." Emulsion as a "builder up" should be given when convalescing. Flaxseed tea helps to relieve the cough. Avoid exposure to cold even when convalescence is well established. Have all clean clothing well-aired before putting on.

CHICKEN POX.

Symptoms:—About four or five days after the child has been exposed to the disease, little pimples are seen scattered over the skin. On the second day they are filled with a watery matter. In two or three days more a scab forms on them and they dry away leaving no mark behind. The eruptions appear first on the body and then on the head. Chicken pox can be distinguished from smallpox by the slight fever and absence of pains about the loins, the early appearance of the eruption, and lack of a red ring around the pimples.

Treatment:—Avoid exposure to cold or damp. Prevent the patient from scratching the pimples or scars will be made. Keep the bowels regulated with small doses of "The D. & L." Liver Pills. If the skin is dry give hot lemonade.

Diet:—Gruels, milk toast, jellies, blanc mange, porridge and light puddings, vegetable soups, light meats.

SPRUE OR THRUSH.

Little white blotches appear on the tongue and inside of the mouth, looking like curdled milk. They appear oftener in bottlefed babies and are frequently caused by lack of cleanliness in the mouth, bottles or nipples, also by breathing impure air.

Treatment consists in greatest cleanliness in everything about the food. The mouth should be gently washed every two hours with a soft cloth dipped in a solution of a teaspoonful of borax, two of glycerine and six of water.

INFLAMMATION OF THE EYES.

Babies under a week old sometimes have a painful affection of the eyes, the lids swell, become red, sometimes matter oozes from between them. Unless care is used the sight may become affected. If only one eye is attacked the other should be covered with an antiseptic bandage, as the disease is very infectious. The eye must be bathed every hour with a little warm milk and water, or a weak solution of boric acid, using a piece of sterilized cotton to prevent irritation. In serious cases the doctor should be called in without delay.

CHAFING.

This occurs wherever two moist surfaces of skin are constantly touching each other. To prevent it the child should be carefully and thoroughly dried, powdered with fullers earth or talcum powder. The napkins must be changed frequently, and not allowed to remain moist. In severe attacks the skin turns bright red and looks almost raw. Washing with starch water is very soothing, and should be followed by perfect drying and dusting with one of the above mentioned powders.

If cracks appear frequent applications of a hot wet sponge followed by careful drying will be of benefit.

TEETHING.

This is a time of anxiety to the mother, and she should watch the child carefully to detect the first symptoms of anything amiss. Diarrhœa should not be permitted to continue. If there are more than three movements in a day, or if their appearance is unusual, the food should be attended to. Boiled milk and rice water should be given. When the mouth is hot and the gums swollen, give the child a drink of cold water occasionally and a rubber ring, or something hard to bite on, as the pressure gives relief. If the child is restless at night, give it a clean wet cloth to suck. If it loses much sleep try to make it rest in the day. If there is constipation use measures for its relief. The best help the mother can give the child is to keep the bowels in good condition.

CLEANLINESS.

A baby should be bathed from head to foot every morning. Undressed at night and rubbed with the hand until it is in a glow. Water 95° should be used at first, and the temperature gradually lowered until at six months it reaches 85°.

In bathing a baby that is afraid of water, place a small blanket over the tub, lay the child on it and gently lower it into the water.

No sour-smelling bib or garment should be permitted to remain on a baby. They are too sensitive to bad air to have anything about them that is not pure and sweet.

A young baby must have clean air to breathe, a room well ventilated and enough heat in cool weather to keep the thermometer at about 68°.

CLOTHES.

The chief requirements of a baby's dress are looseness, softness, warmth and simplicity. The dresses must not be too long to over-weight the tender limbs—a knitted woolen band and long-sleeved shirt, cotton diapers, crocheted or knitted socks, a flannel petticoat made in princess style and a cambric dress, make one set of clothes. A flannel blanket should be added when the child is carried from room to room. It is important to keep the child warm without causing it to perspire and not to expose it to sudden changes of temperature without protecting it with extra clothing.

Before being put to bed for the night the child's clothing should be entirely changed.

ADVERTISEMENT

We request your attention to the pages following in which the characteristics of several medicinal preparations manufactured by this company are explained, directions given for their use and testimonials of their efficacy from actual experiences.

Further information and literature may be had on application.

DAVIS & LAWRENCE CO., LTD.

MONTREAL

CANADA

NEW YORK

U. S. A.

Letters from Missionaries

Actual Experience by persons whose word commands respect being the most convincing testimony, we append below letters from christian missionaries residing in widely separated parts of the world, which, besides testifying to the services rendered by Painkiller, afford a most impressive glance of the self-sacrificing work to which their lives are devoted.

BURMAH

Tonze, Lower Burmah, May 30, 1901.

DEAR SIRS :—

I should not know how to get along without Painkiller. I always keep a bottle in the school-room for instant use. When the little folks get hurt and come to me holding up their fingers or showing a bleeding foot, we are always sure that Painkiller will afford speedy relief. Another bottle is in my room and one in my travelling bag. In 20 years missionary service I have used it hundreds of times with the most satisfactory results.

Yours sincerely,

KATHERINE S. EVANS,

Amer. Baptist Mission Union.

INDIA

Muttra, N.W.P., India, June 10, 1901.

DEAR SIRS :—

I know of no medicine more useful in India than Painkiller. I have lived here twenty-seven years and have used it extensively in that time. In the many ailments attending the recent famine troubles, it was invaluable. As I am presiding elder of a large field including the whole of Rajputna and covering at least fifteen millions of people the opportunities to realize this good work are numerous.—Yours faithfully,

REV. J. E. SCOTT, P.H.T.S.T.,

M. E. Mission,

CHINA

Shao-King, China, August 20, 1901.

DEAR SIRS:—

I have used Painkiller for years, both for myself and in the mission work. We try never to be without it and among the Native Christians, there are few who do not know what Painkiller is.

Yours very truly,

CYRIL E. BONFIELD.

AFRICA

Malange, Angola, Africa, June 26, 1901.

DEAR SIRS:—

Painkiller has been a constant article in our medicine chest since 1885. One little instance will show you how the Natives appreciate it. They all believe in the mashing treatment. One Native man who has charge of the farm while transplanting some orange trees had a sharp pain in the back and was helped down and to his house. Soon after I found him stripped, lying face to the ground and his faithful wife standing and treading upon him with her whole weight. In reply to my surprised question, she said that was their remedy for pain. I stopped her, soaked the towel with Painkiller and rubbed the length of his back. It worked like magic; he was soon on his feet and at work and whenever after he felt ill from any cause he asked for Painkiller. A year or two ago when going to America on my vacation, he requested me to be sure and bring him back a bottle which I did to his great joy.

S. J. MEAD.

TURKEY

St. Paul's Institute, Tarsus, Asia Minor,

President's Office.

DEAR SIRS:—

I am glad to recommend Painkiller. It is a remedy I always keep on hand for emergencies and I have used it with great success in cholera times and in fact at all times during our twenty-four years of missionary work in Asia. Our resident physician here uses it himself among the poor of our city.

T. L. CHRISTIE.

SOUTH AMERICA

Chille Mission of the M. E. Church,
Santiago, June 25, 1901.

DEAR SIRs :—

I have known and used Painkiller for many years. In 1887 when the cholera scourge visited this country and a very large number of those attacked, died, Painkiller was used exclusively on a farm of large tenants and not a single case was lost.—Yours very truly,

I. H. LA FETRA.

JAPAN

Tokio, Japan, June 17, 1898.

DEAR SIRs :—

I have known Painkiller all my life and know it has no equal for stomach and bowel troubles and especially for cholera.—Yours truly,

MISS M. CLAGETT.

CENTRAL AMERICA

Bethel Parsonage, Toledo, Brit. Honduras,
October 11, 1902.

DEAR SIRs :—

To give you some idea of the popularity of Painkiller here, I may mention that an old colored native when he opened the last case, immediately asked the price per bottle and was profoundly thankful when I presented him with one. Last week one of my friends, a white lady, who lives in this settlement, was taken with Malaria and Fever attended by excruciating pain. I gave her a few doses of Painkiller which immediately relieved the pain and as the result her temperature went down. The Natives here ask eagerly for it and I could easily sell out at increased prices if I desired. Only the other day an American gentleman who has resided in the tropics for years wanted to buy out my entire stock. Needless to say I refused him. The possession of your Painkiller is of great service in my missionary work as it gives me an entrance into many houses and through its power into the hearts of many of the people.—Very sincerely,

H. SCOTT.

MEXICO

Leon, Mexico, September 12th.

GENTLEMEN :—

It is gratifying to me to tell you that during ten years in which I have used the medicine prepared by you called "Painkiller", I have obtained very good results in the different diseases in which I have employed it, particularly in the treatment of the bites of poisonous insects and reptiles in which the use of that medicine is truly marvelous.

M. FLORES GARCIA, Leon, Mexico.

UNITED STATES

Pawtucket, R. I., April 2d.

GENTLEMEN :—I would like everyone to know that I have used with the most gratifying results for many years Perry Davis' Painkiller in our Institution, and I can most heartily recommend it in all bowel complaints for young and old, neuralgia and cramps. For pains in the bowels its action is quick and gives relief almost instantly. Perry Davis' Painkiller we have known and used for many years and cannot speak too highly in its favor.

Respectfully yours, MOTHER AURELIE,
Little Sisters of the Poor.

CANADA

A PROMINENT MONTREAL CLERGYMAN'S ENDORSATION.

Montreal, December 22d.

"Permit me to send you a few lines to strongly recommend and endorse Perry Davis' Painkiller. I have used it with much satisfaction for the past thirty-five years and have also seen its good results in alleviating pain in the different parishes in which I have lived. It is a preparation which deserves full public confidence."

JAMES H. DIXON,
Rector St. Jude's, and Hon. Canon
of Christ Church Cathedral.

Painkiller may be had from druggists and dealers in medicine everywhere. Beware of the many imitations. There is but one

PAINKILLER
(PERRY DAVIS)

Dr. Weaver's Cerate

AND

Dr. Weaver's Syrup

ECZEMA—In this painful skin eruption, wash the irritated parts with pure castile soap and then gently apply Weaver's Cerate. Use it freely until the rash disappears.

FEVER SORES—After careful washing spread the Cerate on a piece of pure linen and place over the sore, holding in place with a bandage. The sore will soon dry up and the scab fall off.

PILES—Local applications of the Cerate will cure even severe cases in a comparatively short time.

SCROFULA being primarily a disease of the blood Dr. Weaver's Syrup should be taken to cleanse it. The skin eruption will yield surely to persistent treatment with the Cerate.

ULCERS and Boils are also caused by impure blood so that the same directions apply as for Scrofula.

Dr. Weaver's Cerate 25c per Jar.

Dr. Weaver's Syrup \$1.25 per Bottle or 6 Bottles for \$6.50

DAVIS & LAWRENCE CO., LTD.,
MANUFACTURERS

NEW YORK

AND

MONTREAL

ALLEN'S LUNG BALSAM



CURES THE MOST SEVERE
COUGHS AND COLDS

If taken persistently it will cure the most deep-seated Cough or Cold, no matter of how long standing.

It is wonderfully effective as a powerful expectorant.

It heals and soothes the membrane of the Throat and Lungs.

Perfectly safe for the frailest child or person, contains no opium or poisonous drugs.

Sold extensively for the past fifty years by druggists everywhere.

Physicians endorse it.

Avoid the man who offer a substitute.

50c AND \$1.00 BOTTLES

TRIAL SIZE 25c

DAVIS & LAWRENCE CO., LTD.
MANUFACTURERS

NEW YORK

AND

MONTREAL

A TONIC LAXATIVE

"THE D. & L." LIVER PILLS

FOR

Digestive and Bilious Disorders.

MILD

SURE

SAFE

Aid digestion, increase the flow of bile, stimulate the bowels to healthy action.



FOR

Constipation

- They are unequalled.
- They do not gripe.
- Leave no bad after effects.
- Require no prescribed diet
- Do not weaken the system.



40 LITTLE PILLS IN SCREW CAP GLASS BOTTLE 25c.

See that the yellow wrapper bears our trade mark

"The D. & L."

DAVIS & LAWRENCE CO., LTD.,
MANUFACTURERS

NEW YORK

AND

MONTREAL



"THE D. & L." EMULSION

A Flesh and Muscle Forming
Food for

PALE THIN PEOPLE

Enriches the Blood
Increases the weight
Builds up healthy tissue
Imparts Strength and Vitality

VALUABLE

In Anæmia, Consumption, General Debility,
Nervous Prostration, Exhaustion, Emaciation,
Hemorrhage, Convalescence from Fevers, etc.

PURE

Our Emulsion is made by expert chemists with
the best and purest ingredients obtainable.
We are direct importers of the finest Norwegian
Cod Liver Oil and no expense has been spared
to produce the best possible Emulsion.

EASILY ASSIMILATED

Years of investigation and experiment have en-
abled us to furnish an Emulsion which is very
palatable, so prepared for digestion that it is ab-
sorbed into the system without the least difficulty
and at the same time of greatest nutritive value.

FOR SALE BY ALL DRUGGISTS

50c AND \$1.00 BOTTLES

DAVIS & LAWRENCE CO., LTD.,

MANUFACTURERS

NEW YORK

AND

MONTREAL



CROUP

Usually comes on in the night without previous warning. Teaspoonful doses of

ALLEN'S LUNG BALSAM

every ten to fifteen minutes even in severe cases result in a prompt cure. Contains nothing harmful. Can be taken by the most delicate child

ASTHMA

with its paroxysmal affection of the respiratory organs is greatly relieved by the use of

ALLEN'S LUNG BALSAM

It aids the patient to raise large quantities of tough phlegm and also soothes and heals the inflamed membranes of throat and lungs.

WHOOPIING COUGH

the most aggravated case of this disease will yield to regular treatment with

ALLEN'S LUNG BALSAM

Do not let the child weaken his lungs by months of useless strain, possibly inflicting permanent injury, when such an easy remedy is at hand.

50c AND \$1.00 BOTTLES

WEAK LUNGS

are fertile breeding ground for Bronchitis, Pleurisy, Pneumonia and Consumption.

ALLEN'S LUNG BALSAM

strengthens them, and if persistently taken according to directions is of greatest benefit in the above diseases.

TRIAL SIZE 25c

DAVIS & LAWRENCE CO., LTD.

MANUFACTURERS

NEW YORK

AND

MONTREAL



CURES :

Neuralgic Pains, Headache, Nervous Excitement, Backache,
Muscular Pains, Stiff Joints, Faceache, Pains in the
Side, Stitches, Rheumatic Pains Sciatic Pains,
Pains everywhere.

BACKACHE

A Menthol Plaster slightly warmed and applied to the back will draw out the pain better than any other method of treatment.

HEADACHE

A strip placed on each temple gives almost immediate relief.

NEURALGIA

Yields to the potent influence of the Menthol Plaster in a surprisingly short time.

NERVOUSNESS

Placed at the base of the spine it allays nervous excitement and has a soothing and restful effect upon the whole system.

Menthol Plasters are put up only in air tight tins bearing our trade mark "The D. & L." Be sure to demand

"THE D. & L." MENTHOL PLASTERS

and refuse all substitutes

PRICE 25c.

ALL DRUGGISTS.

DAVIS & LAWRENCE CO., LTD.,

MANUFACTURERS

NEW YORK

AND

MONTREAL

DR. WEAVER'S CERATE

(OR OINTMENT)

==== CURES ====

Erysipelas

Salt Rheum

Tetter

Fever Sores

Sore Nipples



Chilblains

Piles

Ringworm

Barber's Itch

Chapped
Hands

AT ALL DRUGGISTS.

25c PER JAR

DAVIS & LAWRENCE CO., LTD.,

MANUFACTURERS

NEW YORK

AND

MONTREAL

Successors to Dr. S. A. Weaver & Company.

INHERITANCE

The old adage "Blood will tell" is strikingly brought to mind in considering that most inherited diseases are of the blood such as Scrofula, Eczema, Humors, etc.

Ulcers and Boils are the outward signs of impure blood.

Proper treatment consists in driving out the poisons causing the disease.

DR. WEAVER'S SYRUP

has for many years stood pre-eminent as a blood purifier. It forces all impurities out through the skin from which they are easily removed by Dr. Weaver's Ointment.

A purely vegetable compound.

Can be taken by the most delicate person.

Contains nothing injurious and is sure to effect a cure in the above ailments if taken according to directions.

Dr. Weaver's Syrup in very large bottles \$1.25 or 6 for \$6.50.

Dr. Weaver's Cerate (or ointment) 25c per bottle.

DAVIS & LAWRENCE CO., LTD.,

MANUFACTURERS

NEW YORK

AND

MONTREAL

Solid Facts

ABOUT

Painkiller

(PERRY DAVIS')



It has stood the test of time, sold since 1839.
Its sale increases steadily year by year.
It has a record of over one billion bottles sold.
It is being used in every country on the earth.
It is absolutely harmless, a pure vegetable compound.
It is invaluable in emergency cases.
It does good before the doctor can reach you.
It is the best remedy for Cramps, Colic, Diarrhoea and
Dysentery.
It is not a cure all, but will do what we claim.
It is unexcelled as a liniment for Bruises, Cuts, Burns
or Sprains.
Its value is confirmed by over twenty thousand
testimonials.
Its absolute purity and uniformity is guaranteed.
It is used by Firemen, Fishermen, Police, Farmers,
Woodsmen, by everybody.
It quickly stops pain internally or externally.
It is sold everywhere.

Buy it now. Keep it in the house. Prepare for emergency.
You are sure to need it soon.

EXTRA LARGE BOTTLES 50c.

LARGE BOTTLES 25c.

DAVIS & LAWRENCE CO., LTD.,

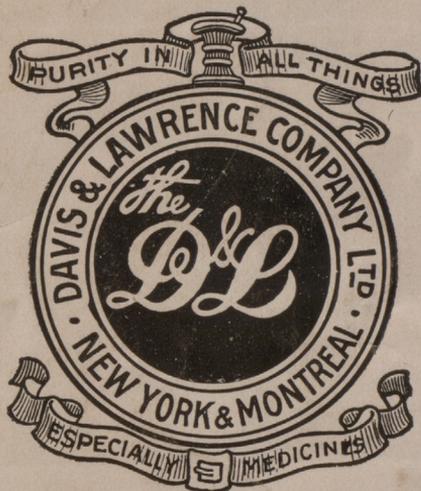
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UNCAT
Almanacs...



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J. W. Cairns,
Druggist,
Campbellford, Ont.