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How to Help Him

BY

HOPE, M. D.

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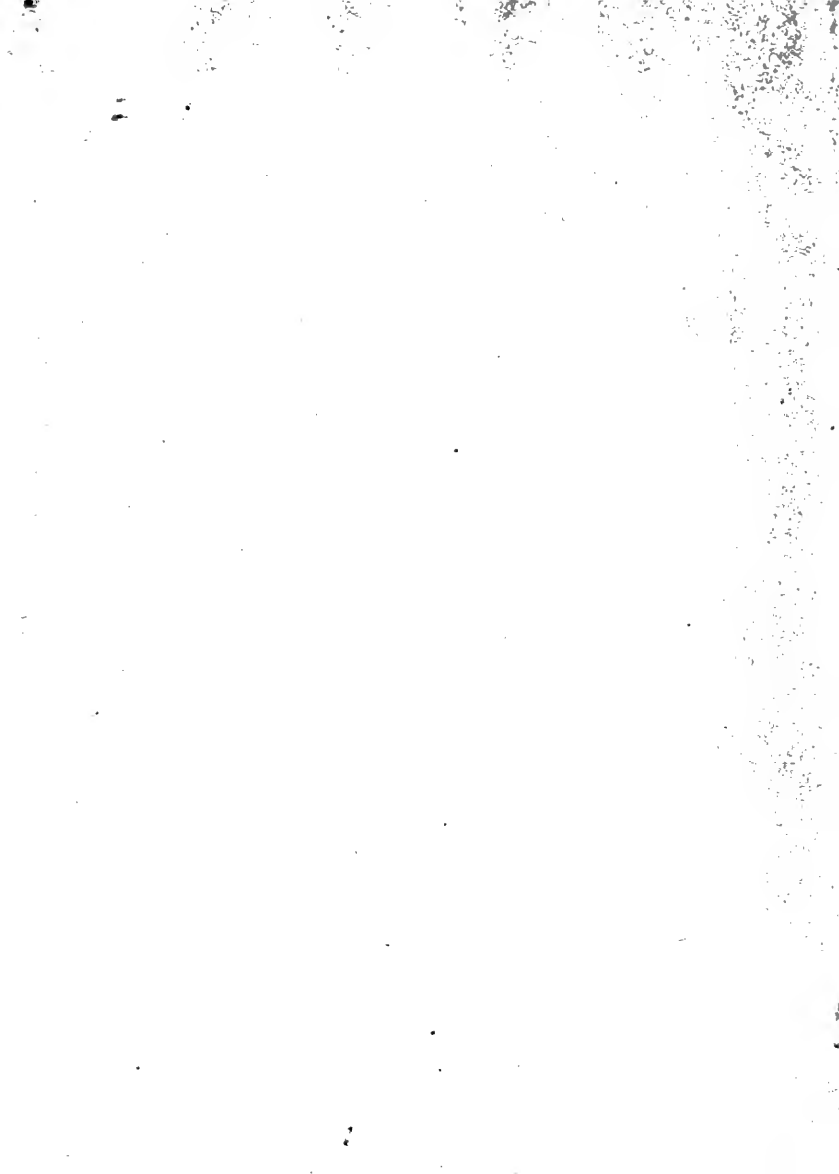
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TILL THE DOCTOR COMES,

AND

HOW TO HELP HIM.

1538

BY

GEORGE H. HOPE,

M.D., M.R.C.S.E.

REVISED, WITH ADDITIONS BY A NEW YORK PHYSICIAN.



NEW YORK
G. P. PUTNAM'S SONS
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PREFACE TO THE AMERICAN EDITION.

IN preparing this little volume for the American public, it has seemed to me not advisable to make any essential change in its original plan. Its style is attractive, and I have in many instances done little else than give familiar names in place of those which are less well known in this country. My aim has been to simplify the text, and with this view I have omitted several prescriptions more elaborate than could well be made up in a family, and have struck out several subjects where I thought the risk of delay would be less than that of treatment at non-medical hands. I have added a few short paragraphs on subjects to which our wide extent of country, and our peculiarities of climate, give an every-day importance they do not possess in England. In some few cases where my views of the best treatment have differed from the author's, I have substituted such directions as I thought did justice to myself, and would prove of the greatest service to those who may consult this book. But I would say to those who learn from these pages how they may well employ the anxious moments *till the doctor comes* and takes the responsibility upon his shoulders, that their thanks are justly due to the English author, much more than to the American Editor.

J. H. E.

April, 1871.

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TILL THE DOCTOR COMES.

TAKING THINGS QUIETLY.

A SHORT time since a man met with an accident, having his wrist cut with a piece of a broken jug. This man, residing in one of the largest cities in the world, surrounded by thousands of people, the largest hospitals, and the best doctors, was allowed to bleed to death, and his wife had to stand her trial for murder, all for the want of a little knowledge, a little common sense, used at the proper time.

The occurrence much impressed my mind with the need of a few hints and instructions, as to what is best to be done in the case of accident or sudden illness, especially by those who reside at a distance from the nearest surgeon. I therefore propose to write, in the very plainest language, a few directions and suggestions. But no one can always foretell whether a matter will prove serious or not. What I may write, therefore, is not to take the place of the advice or care of a doctor, but merely that people may employ the time profitably while they are waiting TILL THE DOCTOR COMES. As he is not likely to come till he knows he is wanted, the first thing will be to send to him, and while the messenger is away, let us consider what to do.

Well, then, let us suppose an accident has happened, what is the first thing we want? Presence of mind, self

control, and the power of keeping silent when it is best to do so. Of all the miserable hindering nuisances, there is none worse than persons who, just at the time when their services are most required, begin to scream, run wildly about, put themselves in every one's way, hinder other people, are not able to give a sensible answer, perhaps faint, or go into hysterics, or pretend to do so.

Every one knows that all have not the same gifts, all have not the same strength of nerve. Most people have naturally a feeling of dread and of nervous horror at the sight of blood; and this is quite natural, for blood always suggests to the mind suffering or death. Still, much can be done by mere force of will, determination, facing the thing bravely. Not that we should be hard-hearted, and have no sympathy with our fellow creatures when suffering. But by a determination to conquer one's self, in plain language to make one's self go through it, this can be done, and is done by hundreds every day. Some ignorant people will tell you that a doctor has no feeling for his patient, but they know little of the truth. Ask those who live with them and know them, and hear their remarks about the painful operations they have had to perform, and how nobly the poor patient bore it. Ask Florence Nightingale and the noble women who without pay or reward attend in our hospitals, and in the dwellings of the poorest of the poor, who witness and dress every description of wound and accident. Almost every description of loathsome disease is nursed by these tenderly brought up ladies—accidents by machinery tearing the body to pieces, accidents by fire, where not only is the poor sufferer a frightful object, but where the peculiar sickening smell of burnt flesh seems to cling to the person and clothing for days afterwards. Do not they suffer when others are in pain? Yes, truly; but they have taught themselves to bear it, so that they can overcome

their feelings. Let us strive to conquer ourselves, to be calm when accidents happen or sudden illness comes on, so that we may be useful to others in their distress.

There is a wonderful difference in the way in which pain affects individuals. The injury which will be borne by one with scarcely a word of complaint, will force another to cry out and writhe about. A sailor, or a man accustomed to labor in the open fields, or any person taken suddenly from an active life, cannot be expected to bear confinement to bed, or even to one position, as well as another who has been employed sitting at some indoor occupation. It is well for nurses and friends to bear this in mind, and not to be easily made cross or impatient. For many years I had to do with one of our largest hospitals. I scarcely ever had a healthy sailor come into the house with a broken limb, who did not manage to kick off splints, bandages, and so on regularly the first few nights. But it is only for a short time, they soon become quiet and accustomed to the confinement.

Let all who have to suffer, remember a few simple truths. When they give way, they add greatly to the distress and confusion of those who are with them, they very much hinder their own recovery, and when the pain is over reflect upon themselves for not having been braver. It is indeed wonderful what can be done, when a person makes up his mind to grin and bear it, as the soldiers say. I have marvelled how any one could possibly bear up under slow cutting operations or accidents. A curious instance, but a very instructive one, occurred to me some years ago, before chloroform was invented. A large, well-made, healthy seaman was brought into the hospital with his leg so terribly crushed that it was necessary to take it off some distance above the knee. I said to him, "Jack, I am very sorry to have to tell you, that the only thing which can be done with this unfortunate leg is to

take it off; we cannot save it, you know we cannot splice it or fish it like a mast."

"No," he replied, "I can see that; well, it must be done, it 'ill never be seaworthy any more; how long will it take doing it?" So I told him only a very short time. "Oh, well," he said, "cut the wreck adrift, and fit a timber one, I'll bear it."

So the limb was taken off without one groan or one word of complaint. But as the house-surgeon was putting on a bandage, he accidentally pricked him with a pin, when he immediately cried out, "Hallo, Mr. Surgeon, the point of that marling-spike's rather sharp, that's too bad."

So I said, "Why Jack, how is this?—you bore having your leg taken off like a brave fellow, as you are, without speaking one word, and now, when only the point of a pin touches you, you call out?"

"Ah, sir," he said, "don't you see, I made up my mind to have my leg cut off? I told you I'd bear it, but I made no bargain about the pin-sticking business."

This is a most excellent example of what I mean by "making up the mind to bear it." But, alas for us poor men, we do not as a general rule bear pain well; we are used to an active, busy, out-of-door life, more so than women; we are apt to be cross when suffering or compelled to be still, and need a good deal of coaxing and petting to behave properly; but let us try our best, and if we meet with any accident to which man's occupation makes him liable, let us always bear in mind that the most terrible accidents which tear a man to pieces are not the most painful. The larger the surface burned or scalded the less the pain, and the diseases which cause the greatest suffering are not by any means the most fatal.

Pain is in every case the result of something being wrong either in mind or body, and though it may be hard

to bear, it is not entirely an evil. It is a merciful provision to warn us of danger, or to tell us we are committing some error. If a child puts its hand into the flame of a candle, the pain teaches it to snatch it away in a moment, before it has time to do serious injury. A person using a knife, and cutting into the finger, is instantly warned to stop, he is doing harm. Or suppose the clothing of a very aged or infirm person were to take fire, when left alone and asleep, the cry of suffering will bring assistance, whereas, if there were no pain, he might be burned so severely as to cause death, and not be aware of what was going on.

One other remark, and I finish this part of the subject, and this I address particularly to husbands. When you feel inclined to be cross and think yourself very badly used, look at your wife, or if not married, look upon your mother, and reflect that each time a child was born she suffered an agony of pain such as you can have no conception of, such as you have never felt and never can feel. And yet in a few minutes after this anguish she will greet you with a sweet smiling countenance. Let us do our best, and in our time of suffering let us be gentle and kind to those who are doing their best for us. A great deal may be done by trying.

And now having brought patients and attendants together, I will endeavor in the next chapter to see how they can best employ the time TILL THE DOCTOR COMES.

THE SICK ROOM.

If you are so fortunate as to have a choice of rooms, do not put your patient into one which is dark and gloomy, but let it be light and cheerful, and with a fireplace if possible.

If the illness be fever, something wrong with the eyes

or brain, or other sickness requiring quiet, a back room away from the family will answer best; the patient will not care to look at anything or to speak much, and quiet is necessary. But if he be suffering from an accident, let him be near the rest of the family where you can speak to him. This will help to keep him contented and cheerful, for it will be an amusement to him to watch your movements while you are going on with your work, and it will save time in waiting upon him.

Avoid a room which is exposed to disagreeable effluvia from any source.

Never have the window so fastened that you cannot open it, especially from the top. Be careful not to have much furniture in the room, particularly if the disease be infectious. Bear in mind that woollen articles *hold smells* much longer than cotton or linen, therefore do not have woollen curtains. It is better to have no curtains at all, but if you think the room looks bare and cheerless use light muslin, or something which will easily wash.

Have no woollen-covered sofa or chairs; cane-bottomed or plain wood are preferable, and a clean boarded floor, kept sweet by scrubbing and elbow-grease, is infinitely better without any carpet, excepting, perhaps, a narrow strip for you to walk upon just to prevent noise. In case of accident, the bed may be placed where the patient feels most comfortable, only it should be where there is a good light to see and dress the wound; but in fever and small-pox let it be between the door and the fireplace. The reason for this is that as the fire cannot burn without air there must be a draught to feed it, and as this becomes heated and rushes up the chimney, it is replaced by a fresh supply drawn in through the door and window. In this way the chimney acts as a ventilating shaft, carrying away the impurities of the room, and so helps to prevent the disease spreading. It is clear, therefore, that if a person

stands between the bed and the fireplace, he must get the air after it has been contaminated by passing over the patient; whereas, on the other side—that is, between the bed and the door—he breathes the air pure. If from the form of the room the bed cannot be placed in this position, let there always be sufficient space left between the window and the bed to stand in.

If the room has not been used for some time, do not put the patient into it until you have lit the fire and seen if the chimney draws well. If it be damp and cold, most likely it will not, and it is too late to discover this after the sufferer is put to bed. I remember an instance where an old gentleman was taken suddenly ill with a chest complaint; he was carefully placed in bed, a blister put on the chest, and medicine given to promote perspiration. This was just at the commencement of winter, and a fire was required, but on endeavoring to kindle it, every particle of smoke seemed to pour into the room. In a few minutes it was filled; my poor patient, with the difficulty of breathing from the disease and the smoke combined, was in a miserable plight. Doors and windows had to be thrown wide open, and then, to complete the confusion, a poor terrified swallow, which had built its nest in one of the flues, forced its way down the chimney, its feathers of course covered with soot. The poor bird, so rudely disturbed out of its sleep, dashed wildly about the room, leaving plenty of black marks against walls, if not also against our characters for our want of forethought. A smoky chimney may often be cured by holding a lighted newspaper a little way up the flue. This warms the air and causes it to ascend.

As to the bed itself. The best is no doubt a hair mattress, but as this is so expensive, I shall merely say if you have one, use it, but unless you are obliged, do not use one made of feathers. It is too soft, and the patient sinks

into holes, so that in case of wounds or burns you cannot get to them properly. Besides, if the feathers get wet you cannot put them right again. Good clean straw or chaff, well and evenly packed in, is far better. It costs much less to begin with, it is more comfortable, and very much superior in point of health, and has this great advantage, that in case of being spoiled it can be emptied, the cover washed and refilled without loss of time and at a very trifling expense.

It is a disadvantage to have the bed too wide. If the patient be lying in the middle and needs help, the nurse is obliged to lift either kneeling on the bed or at arm's length, a position which takes away all her strength and causes a very painful strain on the muscles. If you are obliged to use a wide bed, a good plan is to make a division down the middle with a board a few inches high covered with the under bedclothes. This not only prevents the invalid slipping away from you but answers the purpose in some degree of two beds.

When you want to change the bedclothes, and the patient cannot get up, proceed in this way: roll up the clothes to be changed tightly to the middle, lengthwise, not across the bed; put on the clean things with half the width rolled up close to the other roll, lift the patient on to the newly made part, slip off the clothes he has just been lifted from, unroll the clean ones, and it is finished without any difficulty.

If you have time before you put the patient to bed scour the floor right well, and wash it with hot water, with a few cents' worth of chloride of lime mixed with it, or if you cannot get this, use a good-sized piece of quicklime, and rub well up into the cracks and corners. Do not be anxious to remove the whole of the lime. If you leave a little sticking in the crevices and pores of the wood it will prevent insects, give a clean, sweet smell to the place, and

help to keep away infection. Now dry it thoroughly, and the room is ready for the invalid.

NURSES AND NURSING.

It is a great error to suppose that only women can nurse. I have frequently met with men, particularly husbands, who have been quite as gentle in their touch, quite as thoughtful about little wants, and far more tender and considerate than almost any woman. A man's strength is a great advantage. Ask a wife who requires lifting from the bed, and she will tell you what a comfort it was to feel her husband's strong arms under her: she felt so safe. It is a dreadful feeling for a patient not to have perfect confidence in the power of the person assisting; the dread of being let fall may give a fright which will take days to recover from. Let every man put away the foolish idea that it is *only* a woman's work.

Now there are five qualifications which we require in a nurse—Sobriety, Cleanliness, Firmness, Gentleness, and Patience.

Sobriety.—All I shall say on this point is, if unfortunately you cannot resist temptation, do not come near us—the sick room is no place for you, we dare not trust you.

Cleanliness.—Be always very clean yourself, and keep the room sweet. A very little thing will spoil the appetite of a person already sick. Never let anything offensive, any dressings from a wound or burn, remain in the room. Let every vessel be emptied as soon as it is done with, well washed out, and left in the open air. Change the air frequently by opening the window; remember, bad air will poison a person as surely as bad food. The poison of fever is dangerous or not according as you weaken it with fresh air—just as you make spirit weaker by add-

ing water. Do not leave food in a room if the patient cannot eat it. Do not let the drinking water stand long without being changed, as it absorbs whatever gases there are in the room; so that when the patient drinks it you are actually putting back into his stomach the poison which had been thrown out through the skin. Why do people put buckets of water into a place newly painted?—because they know that the water takes up the smell of turpentine and oil as it escapes from the walls.

Firmness.—Remember firmness is not rudeness. You cannot expect a suffering patient to know as well what is best for him as those whose brains are clear. Therefore if a certain thing is best to be done, do it; do it kindly, but do it, he will thank you for it afterwards.

Gentleness.—Whatever you have to do for the patient, be gentle. In cases of rheumatism or broken limbs you must change the clothes, however painful the process, but do it gently, and cause no needless suffering. With care all jerks and knocks may be avoided. And lastly,

Patience.—Never forget the difference between yourself and the person under your care. Did you never yourself feel irritable and restless even when you were well? Have there not been some days when you had been so easily put out, so cross that you have been almost ashamed of yourself? How, then, must it be with the person taken suddenly from an active life and compelled to lie still in one position, or with one whose whole body is racked with pain! Never lose patience, however sorely tried; bear with these trials for a while, and by-and-by you will have your reward.

Few people are aware of the great value of a good nurse, or of the number of valuable lives saved by good nursing. On the other hand, few are aware of the number of lives actually thrown away, and their chance of recovery lost, by the want of faithful, careful nursing. Every doc-

tor can tell you how he has been disappointed, vexed, and his best efforts rendered useless by want of knowledge, and that stupid obstinacy which almost always go hand in hand with ignorance. He will also tell you that it was the honest, sensible nurse who saved his patient by faithfully carrying out his directions.

It is not every one who is fit for a nurse; not because they wilfully do wrong, but they are not *cut out for it*. Nursing is, in a great measure, a natural gift, either in man or woman; just as music, painting, and other things are. There are many good-hearted yet thoughtless people who, with all the training in the world, would never make good handy nurses.

The French have a saying that "Some people's fingers are all thumbs;"—what we should call *awkward people*, people who are everlastingly getting into some trouble. Here is one of them. If she is going up-stairs with her hands full, she steps on to the bottom of her dress, and either drops what she is carrying or goes down herself. If the fire wants coal, she throws on a whole sentleful, a good part of which comes thundering down on the fender, and terrifies the poor patient so that he will not be at rest for hours; or she has a hole in her dress, or a bit of braid loose, which catches the end of the fire-irons as she passes, and rattles them down. If she is of an age to wear caps, she will have the strings so long that when she stoops over the patient to catch his whisper, the ends will tickle his face. You will generally find at least one of her fingers bound up with rag tied on with black cotton. If a little bread and butter is wanted, she will be sure to fix upon the knife that has been used for peeling onions. If there be any cookery going on in the next room, you may feel pretty sure the door will be left open, so that a good strong smell of frying bacon, or whatever it may be, will fill the patient's room, making

him feel quite sick ; and then she will be grieved because he says he can't eat a morsel of food. Suppose he wishes for a glass of water ; she first of all fills it up to the brim, puts her hand under his head, bends his neck till his chin touches his breast, then puts the glass to his lips, trickles a good part of it on to his clothes, and thinks he is very awkward to choke over a mouthful of water. If she has occasion to light a candle, she sticks it in between the bars, which soon fills the room with a rank smell of burning fat, and when she takes it out the tallow is melted off, till the wick is a couple of inches long, and coated over with fine ash like the head of a bulrush ; or if it be gas, she takes a short bit of paper, turns the gas full on, makes a sudden blaze like a flash of lightning, forgets the bit of paper while she is turning the gas lower, burns her fingers, throws the lighted paper on the floor, and puts her foot on it. The patient, watching all this, gets so nervous and frightened that he loses his night's rest. When the patient is sufficiently well to sit up in bed to take his food, she will, of course, put the tray on his knees, then proceed to raise him into the sitting posture, and if the things are not upset all over the counterpane, it is certainly more by good luck than good management.

Yet she is not a *bad woman*, but certainly she is a *bad nurse*.

Then we have *the fussy nurse*. I know a most kind-hearted, loving creature, who is one of this sort. She wishes so much to benefit her patient that she sadly overdoes it : she bustles in and out of the room every few minutes, wearies her patient with constantly asking him if he cannot eat something, which she would willingly walk miles to get if wanted, raising him up, tucking the bed in, drawing up and lowering the blinds : one, in short, who never can be happy to sit down quietly and wait patiently, but must be constantly on the move ; and yet it is her very

goodness which makes her weary the patient, till he says to himself, the first chance he has of getting her out of the room, "You're a good creature; but if you would only be quiet, what a relief it would be!"

Then we have *the careless, slovenly nurse*. The doctor never feels sure that his patient has really had the proper quantity of medicine; if she happened to remember it he would get it, but if not she would make up for it by giving him a double dose next time. There is never a clean glass or cup when wanted. Food is taken to him, and if he cannot eat it, it is left there for hours. There are so many crumbs in the bed that it feels to the poor rheumatic sufferer like lying on a gravel walk. The fire is black, and the hearth covered with cinders. The slops, which ought to have been removed in the evening, are hid under the bed, filling the room with bad smells. Bits of meat, crumbs of potatoes, and other matters, are let fall on the floor and left there: the consequence is, that being winter, the mice, and perhaps rats, finding a warm room and something to eat, think it a very comfortable place, and use it accordingly, which proves anything but comforting to the helpless creature in bed, who has not power to raise his arms, nor sufficient strength to awaken the nurse.

Then we have *the cruel nurse*, who does her duty, but not from love: she carries out the doctor's orders exactly. Her law is like that of the Medes and Persians, which altereth not; if the medicine has to be taken at a certain time, she brings it to the minute, and worries the patient into taking it on the instant. If she says the bedclothes must be changed, and the patient says it hurts him so much to be moved, she answers, "Can't help that, the doctor said it was to be done, and I can't go against his orders." She may be perfectly honest in all her dealings, but there is no tenderness, no compassion.

And lastly, we have what I trust is a very rare char-

acter, *the dishonest nurse*. She drinks most of the wine, and eats pretty freely of the food intended for the sick person, and tells the doctor the patient ought to get better according to the quantity of nourishment he gets through. But she is dishonest in another way: she finds it a great trouble to compel the patient to take the medicine, so she just empties it away a regular dose at a time, so that whenever the doctor happens to call, his eye rests on the bottle, he sees it is gradually becoming empty, and feels satisfied.

Now these are not characters I have heard of or read of, but every one of them has been with me in the sick room. The awkward nurse has been carrying a trayful of things, caught her foot in a bit of carpet, and made a smash. I have seen the careless nurse snatch a child out of bed with its skin wet with perspiration, and set it on a chair with no extra covering, and make the bed. I had once a little patient so ill as to require a blister on the chest. I put it on myself, and then left him in charge of one who turned out to be a *careless nurse*. When I called the next day, I found he had been so neglected, that instead of its being confined to the chest, he had worked it round to his back, where it was left hours longer than it should have been, causing such a sore that the poor little boy could not lie on his back for a week afterwards. I had an instance of a dishonest nurse, who broke the bottle containing the medicine, filled another with sugar-and-water, and put the label on it. Fortunately for her the child did not die, or her reflections would not have been at all pleasant.

It is not absolutely necessary that a person wishing to help the doctor should be highly educated. She must, however, possess the qualification of "common sense." This sort of sense, however, is not by any means common. It is the knowledge of common and every-day affairs.

The helper should be able to read writing and to write fit for reading, or she may be led by the appearance of drugs and vials to make dreadful mistakes. She ought also to have all her five senses in a healthy, active condition—sight, hearing, feeling, smell, taste.

Sight, that she may be able to read directions, or read aloud to the patient, and watch the change of countenance. A quick-sighted nurse will not need to wait till the sufferer has asked for anything in words. She will from the motion of an eye, or the lips, or a finger, see in a moment what is wanted. *Hearing*, that she may catch the faintest whisper, and not oblige a weak patient to exert the voice, and to repeat every request. *Feeling*, that she may detect any change in the heat or dryness of the skin of the patient, and not use any application which will either scald with heat, or cause a chill with cold. *Smell*, that she may detect the least impurity in the atmosphere of the room, or in giving medicine notice if there be any mistake. *Taste*, that she may not offer food unfit to be used, or good in itself, but cooked in such a way as to be disgusting to the patient.

Now if she possesses these qualities, she will very soon, with a little instruction, be able to “help the doctor.” But there is one caution required here: she must not have such a very high opinion of her own skill, as to cause her to use it in opposition to the wishes of the doctor. She is at perfect liberty to suggest anything she likes. We have no objection to her saying, “Don’t you think such a thing would do good?” or, “Don’t you think we might safely do without such a thing?” But we *do* object to her asking the opinion of the doctor, and then acting in opposition to it. Because if he is fit to be trusted with the life of a fellow-creature, he ought to be trusted, and dealt with fairly.

THE MEDICINE CHEST.

In cases of accident or sudden sickness, time is often of the utmost importance. A very simple remedy applied at the moment may often save a long illness. It is therefore desirable to have ready at hand whatever is likely to be wanted in a hurry. Get a small box. Keep it always locked, and out of the way of the children. Use it for medicines and for nothing else. Let it stand where you can lay your hand upon it in a moment. Do not have too many things in it, or they will confuse you. Just put into it what you are most likely to want.

A roll of old linen, of calico, and of flannel, the older the better, but clean and dry. A little lint and some sticking-plaster. The calico and flannel may be in strips, so as to serve for bandages. Fasten each roll with a pin.

A pair of scissors, some pins, tape, and a few large needles ready threaded.

Some castor oil, syrup of ipecac, paregoric, turpentine, senna leaves, Epsom salts, carbonate of soda, a small bottle of laudanum, marked POISON, and a pint bottle of linseed-oil and lime-water.

I have not put simple ointment into this list, because it will not keep good, and a little clean lard will do as well. Nor have I named mustard, because it soon loses its strength, and turpentine will serve the same purpose, is very quickly and easily applied, and if well corked will keep good for a long while.

Then we want a measuring-glass. Nearly all liquid medicine is given by "spoonfuls." Now a "spoon" is a very uncertain measure, and differs in size; therefore better buy a glass marked correctly, teaspoons on the one side and tablespoons on the other.

Lastly, a feeding-cup. In cases of broken thigh, and some other illnesses, the patient cannot be raised, and it is

impossible to give liquids with any degree of comfort while lying down. I have myself known a case, lately, of a lady, who was in a very weak state, being raised, in opposition to the orders of the doctor, as the nurse said, "just for a minute, to give her a drink;" but that minute did all the mischief, for her heart had not power to continue its work in that position: it stopped, and she fell back dead. If you have not one of these cups, a small tea-pot, or anything with a narrow spout, will answer. If the poor sufferer, parched with fever, is crying out piteously, as they frequently do, "Oh, please give me a *big drink*," get a clean straw, bend one end of it gently into the glass, and the other into the mouth. This you can always get easily in the country,—but the best thing for the purpose is about a foot of small india-rubber tubing, such as is used for infants' feeding-bottles. It costs about eight cents, can be bent in any direction, is not easily broken, and will last for years.

In some cases it is desirable to give only a small quantity of fluid at a time; and not only with children, but adults, it is a painful, tantalizing thing to offer a drink, and insist upon the patient taking only a portion of it, or to make the quantity appear smaller by putting it into a large glass. This may be entirely avoided by having a cup or glass to hold just what may be taken. You will find by experience that a child who could not by any amount of argument be induced to leave part of what is in the glass, or be put off with a few spoonfuls in a large one, will be quite contented and happy if you let it have its own particular glass quite full, and with liberty to drink it all, though it perhaps does not contain as much as what appeared such a very small allowance in a larger vessel.

The cost of the whole of our stock will be only a few shillings. Prices vary according to where you make

your purchases; but do not confound low price and cheapness together. They are very different, especially in important things like medicines. If you insist upon paying a very low price for an article, you drive the seller to give you either what is kept till it has deteriorated, or what is adulterated. I will tell you an anecdote. I was writing a prescription in a chemist's shop, when a child came in with a small packet in her hand, and said, "Please, mister, mother says you've cheated her shameful with this magnesia, she can get twice as much for a penny at the other druggist's." So he gave her double the quantity, and said to her, "Be sure to tell your mother that the other was stronger, and so I gave her less of it." When she was gone, he said to me, "Now here is difficult case. You doctors blame us for not selling pure drugs. I gave her as much pure magnesia for her penny as I could afford; but she must have more bulk, so I am compelled to mix a quantity of chalk with it; and now she goes away boasting that she has taught the druggist a lesson not to try to cheat people." The consequence of this system is, that if the patient takes only the dose the doctor ordered, the medicine has not the proper effect, and in case of serious illness the time for doing good may be gone by, and a life be lost in consequence.

You must be very careful about the size of the dose, especially if you give it without a doctor's orders. Medicine given at random is as likely to kill as to cure.

Almost all medicines may be divided into two classes, —one in which the dose seems to be stored up, to accumulate in the system, and where the quantity taken must be gradually decreased. In the other class, the body appears to get used to the medicine, it loses its effect, and the dose has to be gradually increased. Of this class is opium. If it be taken regularly for a length of time,

the quantity which at first was sufficient to remove the pain has to be increased to such an extent, that if it were taken at the commencement before the apprenticeship were gone through, it would certainly produce death; or if the patient who has taken it for a length of time gives it up for a season and returns to a full dose, it will prove dangerous. A case which should be a warning to all who are in charge of the sick occurred lately. A gentleman who suffered from a very painful nervous disease, had prescribed for him a medicine containing a preparation of opium. He was watched over by a kind and affectionate wife, who in every case carefully measured the dose and administered it herself. After taking it for some weeks in gradually increased quantities, the complaint left him, and he discontinued the medicine. Some time after this the pain returned suddenly in the night; his wife measured out and gave him the same quantity at which he left off. He soon fell into a deep sleep, from which he never awakened. Now the lesson which this ought to teach is this: when you have to give for a length of time a medicine containing any preparation of opium, or any other soothing drug, which is intended to relieve pain and procure sleep, give it up for a season and return to it, do not begin again with the quantity at which you left off, but with the dose you gave at the commencement of the illness.

BURNS AND SCALDS.

These are constantly occurring, not only in poor families, but in every class of society. The number of children who die from these causes is dreadful; but when we consider the love of playing with fire common to children, the absurd and dangerous fashion of having the dress swelled out with crinoline when cooking or doing anything near a

fire, the careless manner in which lucifer matches are carried loose in pockets and dropped on to floors, or the way in which hot liquids are placed in the way of children, the wonder is that they do not happen more frequently.

Putting out the Fire.—Take this case, a description of what is unfortunately happening every day:—A woman's clothes take fire; she is wrapped in flames; her arms and hands, her neck and face, are scorched with the heat; her hair is in a blaze; the smoke is suffocating her. She becomes utterly confused, and rushes to and fro, so creating a current of air which increases the fire. The best thing she could have done would have been instantly to roll upon the floor. But how few would have presence of mind to do this! The more need for a friend to do it for her. Seize her by the hand, or by some part of the dress which is not burning, and throw her on the ground. Slip off a coat or shawl, a bit of carpet, anything you can snatch up quickly, hold this before you, clasp her tightly with it, which will protect your hands. As quickly as possible fetch plenty of water; make everything thoroughly wet, for though the flame is out, there is still the hot cinder and the half-burnt clothing eating into the flesh; carry her carefully into a warm room, lay her on a table or on a carpet on the floor—*not the bed*—give her some warm stimulating drink, send for the doctor, and proceed to the next operation—

Removing the clothes.—Perhaps in the whole course of accidents there is not one which requires so much care and gentleness as this. We want only three people in the room—one on each side of the patient, and one to wait upon them. Oh, for a good pair of scissors or a really sharp knife! What misery you will inflict upon the sufferer by *sawing* through strings, etc., with a rough-edged blunt knife. There must be no dragging or pulling off; do not let the hope of saving anything influence you. Let

everything be so completely cut loose that it will fall off; but if any part stick to the body, let it remain, and be careful not to burst any blisters.

Treatment.—The treatment of burns or scalds in the first stage consists of wet, warm, but not sour applications, and excluding the air.

Now our medicine-chest comes into use. Get out the old linen or calico; wet a piece of this well with the linseed-oil and lime-water, and as soon as an injured part is exposed, put this on; cover it with another dry rag or flannel, and secure it with a bandage. If you have not the mixture of oil and lime-water, get a pint of hot water and milk (equal parts), with a small teaspoonful of carbonate of soda in it. If you have no milk at hand, use warm water with plenty of common soap in it; or if you have no soap, use plain warm water with the carbonate of soda, or a little morsel of common washing soda, not more than the size of a small hazel-nut, to a pint of water, dissolved in it; but whatever you use, keep the parts thoroughly wet and well covered. If you have a water-proof sheet or coat, or a piece of oilcloth, lay this over the mattress, and then a blanket over it. As soon as you have removed all the clothing, and applied the dressings, lift her gently into bed, and cover her as warmly as possible. In after-dressings large surfaces must not be exposed to the air; either leave a thin covering and wet it with the lotion, or if you are using an ointment, remove only a small portion of the dressing at a time, have everything in readiness, and cover again as quickly as possible.

If there be much pain and fretfulness, you may safely give to an adult thirty drops of laudanum in a little water, and repeat this in an hour, and even a third time if needful. To a child ten years of age give in like manner only three drops, but beware of giving any to an infant.

You must not attempt to manage this case further by yourselves. You have now done your best for her *till the doctor comes*.

When you read an account of one of these dreadful accidents in the papers which has ended fatally, you will almost invariably find they conclude with something of this kind—"After enduring great agony for some hours, death relieved her from her sufferings." Now, it may be a great consolation to sorrowing friends to know positively, that in nearly every case this is a mere newspaper phrase, and is not true. Those of us who are accustomed to see these accidents know well that when the surface injured is sufficiently large to cause death, there is not much suffering, the person seems to die from the shock. Friends are constantly deceived by this, and suppose that because there is not much pain, and the patient appears calm and comfortable, there cannot be much danger, whereas it is really the absence of pain, or more truly the want of power to feel pain, which constitutes the danger. Especially is this the case with a child. If the burn be large, particularly on the chest, and the little one remains perfectly quiet, utters no complaint, sighs deeply, and asks frequently for cold water, it is almost certain that life is fast drawing to a close.

For smaller burns use the same remedies till the inflammation has subsided, or as people say, *till the fire is out*; then spread some simple ointment on the *woolly* side of lint, and dress the sores with it. They will generally get well without much trouble. You can make a capital ointment yourselves of common whiting (which you use for polishing tins) and lard without any salt. If the burn be small, and the person can stay indoors, try the following recipe:—Take chalk (whiting) and linseed or common olive oil, and mix them to the consistency of honey, then add vinegar so as to reduce it to the thickness of thin syrup;

apply with a soft brush or feather, and renew the application from time to time. Each renewal brings fresh relief and a most grateful coolness. But if the patient is compelled to go about, you can use the ointment at once, or dust the part thickly over with flour, kept on with rag and bandage; but I am greatly in favor of wet applications, as they do not stick to the raw surface, which is most painfully sensitive. Unless the burn or scald be very small you will almost always find warm dressings much more grateful to the patient than cold.

If a person fall into lime, use vinegar and water instead of, or rather before, the other dressings; and if any get into the eye, wash it well with weak vinegar and water. But if oil of vitriol, or any other strong *acid*, has caused the burn, apply quickly lime-water,* chalk or whiting and water, carbonate of soda, or some of your common washing soda and water, or even old mortar and water.

If a burn be near a joint or on the face, even if small, let a doctor see it, and do not be in any hurry about having the wound healed. Remember that with all the care and skill which can be used, contractions will sometimes take place. The danger to life from a burn or scald is not in proportion to its severity, but to its extent—that is, a small part, such as a hand, or a foot, or a face may be burned so deeply as to cripple it for life, and yet not much endanger the general health, but a slight amount of burning, a mere scorching over two-thirds of the body, may prove fatal.

* To make lime-water, put a piece of unslacked lime the size of a very large walnut into a common-sized wine-bottle full of cold water, shake it up a few times, then let it settle. You need not fear making it too strong; the water will take up only a certain quantity of the lime, however much you put into it.

WOUNDS.

These are of various kinds, and are generally dangerous from their position more than from their size, and require treatment suitable for each case.

In all cuts, before you begin to dress them, notice the kind of bleeding. If the blood be dark-colored and flow regularly, you will be able to manage; but if it be bright scarlet, and spurts out in jets, however small the wound may be, send *at once* for the doctor. Do not forget this; it is very important.

If the cut be made with a clean knife or some such weapon, and the person be in good health, it will generally do well. Unless the bleeding be very profuse, do not be in a hurry to stop it. Wash the part well with cold water, dry the skin, bring the edges of the wound together, and keep them there with strips of sticking-plaster; lay a little dry lint on the cut, and secure it with a bandage. Perhaps in a few hours you will find it a little swelled and painful, from being too tight; if so, remove the bandage, and with a pair of scissors cut through the plaster, not near the wound,—that will relieve it. If it be comfortable after this, you may leave it three or four days; but if there be great pain and redness, soak well with warm water, remove all the dressings, and let the doctor take charge of it.

CUTS ON THE HEAD cannot be dressed with plaster, unless you shave a large space, and in small injuries this is not needful. Cut the hair very close just round the wound; after washing with cold water, apply a fold or two of wet lint, and leave it there. If, however, it becomes painful, and there be headache and the face flushed, hand it over to the care of the doctor.

WOUNDS FROM SPLINTERS, NAILS, ETC.—Stabs or wounds from splinters of wood or nails, broken glass, or

from wadding or shot from a gun, should not be closed, but rather kept open with a poultice or water dressings, so that anything in the wound may be thrown out. When it is quite clean dress it as a common cut. When there is any splinter or glass, and it can be removed easily, of course do so; but much poking in the wound will do harm. Take it to a doctor, and let him tell you whether it is better to cut it out or leave it to nature.

WOUNDS ON THE SHIN, where there is scarcely any flesh covering the bone, are often very troublesome to aged people. As soon as possible wet a few folds of linen with spirit—any sort of spirit will do—lay this on the wound, and keep it wet for three or four hours; don't be afraid of the smarting, it will soon pass off. Then dress it with simple ointment spread on lint. If the person can spare the time to sit with the leg up, it will heal in a much shorter time than if employed in walking or standing.

WOUNDS CAUSED BY A BLOW, or by a person falling on to cinder or gravel, must be treated in the same way as a splinter, that is, by poultice or warm water till quite clean; but if the person is compelled to go out, you will find nothing so useful as the basilicon ointment spread on lint: this will keep soft and moist the whole day.

If any of the little ones run a fish-hook into a finger, do not attempt to draw it out backward. Cut the line quite clear from it, turn the point upwards and push it through. Accidents with crochet-needles are constantly occurring, and if one be pushed deeply into the flesh you had better not try to pull it out: the hook at the point will tear and inflame the part. A surgeon with proper instruments will take it out safely without any difficulty. If you should be at a great distance from a surgeon, the best thing you can do is,—first be quite sure which side the hook is, then push a smooth ivory knitting-needle, or

something of that sort down the wound till it touches the hook, then pull out both together.

BLEEDING, AND HOW TO STOP IT.

It is well to bear in mind that cuts about the head and face, especially the nose, bleed profusely. Many a mother has had a terrible fright by a child running in with its clothes, hands, and face all smeared with blood. It is astonishing what a mess a child will manage to make with a spoonful or two of blood. Try to keep cool and collected. You will find, most probably, when you have washed with cold water, that the amount of injury is a mere trifle. If it is difficult to stop the bleeding, a most invaluable remedy, and one you will find in almost every house, is the common whiting or pipe-clay. Put a thick covering of either of these on the wound, then a bit of dry lint, and press it closely for a few minutes; let what sticks to the wound remain there, and cover with a bit of plaster. A troublesome leech-bite can be stopped in the same way, without giving the child any pain.

BLEEDING FROM THE NOSE, unless it goes too far, need not alarm you; nay, in many cases may prevent something much more serious; but when it requires to be stopped, let the person sit upright, bathe the neck and face with cold water, and if you can get a little alum, dissolve that in water, and squirt it up the nostrils, if this does not succeed, send for the doctor. I would not advise you to plug the nostrils, for unless it be done properly you may think the bleeding has ceased, whereas it is only finding its way to the top of the throat, and being swallowed.

BLEEDING FROM A WOUND IN AN ARM OR LEG, if severe, must be stopped by pressure. Make a pad of rag a good thickness, place this on the part, and bind a handkerchief or anything of that sort tightly round the limb. If that

be not sufficient, slacken it a little, push a strong stick or a large fork under it, and twist it round; by this means you can get any amount of pressure. If the wound be in the wrist or arm, let it be held up over the head, or if in the leg let the person lie down, and support the foot on a chair. If you be by yourself in the fields, and get a severe cut with a scythe, or in any sudden emergency, such as a railway accident, use the remedy which has saved many a life on the field of battle,—take a handful of dry earth, put this on to the wound, and grasp it tightly, till you can have some assistance.

One of the most difficult situations in which to manage a wound is about the wrist or thick part of the thumb, particularly if it be deep. If this accident should occur when near a surgeon let him attend to it directly, but if not, lose no time in dressing it yourself. Two people are required to do this properly. If you turn your hand with the palm upwards, and lay your finger on the wrist a little to the outer side, in a line with the thumb, you will feel the pulse beating; now let one person stand alongside the patient (not opposite to him) take hold of his arm with both hands, place one of his thumbs on this spot, but a little higher up the arm than the cut, and the other on the little finger side, and press firmly. While one is by this plan arresting the bleeding, let the other bring the edges of the wound together, place over it a thick layer of whiting or pipe-clay, or a large table-spoonful of flour, or if away from home common clay, than a pad of lint or rag of any description, and secure this in its place with a bandage or handkerchief, so put on as to press firmly on the spot. The thumbs may now be removed, but the hand must not be allowed to hang down. If the blood should continue to force its way through, you must, in addition to these dressings, lay a small pad on the artery where you felt the pulse, and keep it in its place with a bandage,

or what is very much better, a strong elastic band. If these means are not sufficient, you must obtain the assistance of a surgeon at once.

It is very desirable that every one, even young people, should understand that in all cases of severe bleeding, be the wound ever so small, the only thing which can be safely depended upon is *pressure*. Three youths lately were walking through some fields, when one of them, who had an open knife in his hand, fell, and the blade was forced into his thigh. His companions, terrified at the sight of the blood, ran off to procure assistance, while the unfortunate sufferer did his best by holding his pocket-handkerchief to the wound. Long before they could return his chance of life was gone. Here was a fine healthy young man cut off suddenly, who might have been saved by the most simple contrivance. Even situated as they were in the open fields, a cork, a stone, a potatoe cut in half, a handful of earth, a bit of rag, or a bunch of grass rolled up into a ball, and put into a handkerchief or necktie, or a stocking, and tied very tightly round the limb so as to press upon the wound, would have arrested the bleeding, or at any rate have lessened it, till it could have been properly secured.

This, then, is a good rule, and may serve as a general one. In case of severe bleeding, press your finger on or into the bleeding place and keep it there till you can have assistance.

BLEEDING INTO THE STOMACH, OR VOMITING BLOOD.—
It is a frightful sight to see a person vomit a quantity of blood, one which tries the nerves severely, but is not always so dangerous as it appears. The blood is of a dark color, and frequently mixed with some portion of food. Give two teaspoonfuls of vinegar or lemon juice, and one teaspoonful of Epsom salts in a wineglassful of cold water, and repeat this every half-hour till the bleeding stops or

the doctor comes. Give nothing more, excepting very small quantities of cold water, or little bits of cracked ice.

BLEEDING FROM THE LUNGS, OR SPITTING OF BLOOD, is always a very serious affliction, a warning which must not be trifled with. You will know that it does not come from the stomach, by being coughed up rather than vomited, it being frothy, a bright scarlet color, and most probably much smaller in quantity. Give one teaspoonful of vinegar and one of paregoric in a little cold water, and repeat this in half an hour. Sponge the chest with cold vinegar and water, and keep the shoulders raised by pillows. Do not allow the person to talk or use any exertion.

BLEEDING FROM SLIGHT CAUSES.—Some persons have such a tendency to bleed, that even the smallest cut or scratch endangers life, particularly having a tooth extracted. I have seen persons brought very near death from this cause. Such people should always mention this to a dentist when they have a tooth drawn, so that he may be prepared. If you meet with a case of this sort, get a little whiting, or pipe-clay, or powdered chalk, roll this up in a bit of lint, like a cork, dip this in spirits of turpentine, and press it firmly into the hole left by the tooth. If it does not stop the bleeding in fifteen minutes, change **this** plug for a fresh one, and press that in steadily. Do not remove this for at least twelve hours, and even then do not pull it out, but wash the mouth with cold water till it is loose.

ENLARGEMENT OF THE VEINS, or as doctors name it varicose veins, is very frequent in the lower limbs of persons who have to stand many hours in the day, such as **Laundresses**. Sometimes they become so large, and the coverings so thin, that they burst, and though the bleeding may not perhaps endanger life, it causes great debility. There are two things which people afflicted in this way should attend to. In the first place, whenever **it is**

possible, even for a few minutes, let the limbs be horizontal, either by lying down, or by having them raised; and secondly, to give support by bandages of flannel, preferably, put on smoothly and evenly in the morning before the legs have time to swell. This should be done if possible by another person, for the leg is altered in shape by being bent. But the best plan of giving support is by elastic stockings, which can be purchased of the exact size required. They can be drawn on over a well-fitting cotton stocking, without any trouble, give equal and gentle support to every part of the limb, and if good will last a long while.

BROKEN BONES.

These accidents often happen where surgical help cannot be got at once, perhaps not at all. A broken bone is easily detected by the person not being able to raise the limb, by its bending where it ought not, and by the pain. Let us commence at the top of the body and go regularly downwards.

HEAD.—Any accident sufficiently severe to break the bones of the head or face, or to cause the person to remain insensible, needs immediate medical attendance. Let the head be raised, apply cold water, particularly if there be bleeding, and keep down all noise and excitement.

THE COLLAR-BONE runs from the top of the breast-bone to the shoulder. This is generally broken near the middle. On the sound side the bone is smooth and even; on the injured side you will observe the lump caused by the broken ends rising one over the other; and if the shoulder be brought forward, you will see the parts move, and the person will suffer pain. There is the same difference in the way in which bones break as there is in a branch of a growing tree and an old one. In a child the bone will bend to some extent, and then not break right through

but in an aged person it snaps off with a clean fracture, like a dry stick. It is of consequence to remember this; for in a child you will not perceive the ends of a bone move as they do in an adult.

Get a round pad the thickness of a man's arm and five inches long. Push the shoulder backwards, and press with the other hand on the fracture till you get it in its place; put the pad into the arm-pit, and secure the arm with a bandage around the body; raise the fore-arm well up in a sling. Take the patient to a surgeon, and ask him to show you how to fix it; for you will have to watch over it for a month, and it must not be allowed to slip out of its place.

RIBS BROKEN, WITHOUT A WOUND.—*Symptoms.*—Pain on taking a deep breath, or on pressure where the injury has taken place. If you press suddenly on the ends of the ribs near the back-bone you will give pain, not where you press, but where the bone is broken.

If there be spitting of blood, keep the patient quiet, and give no stimulants. If there be a bruise, apply hot fomentations, or a large hot poultice; then a bandage of flannel six inches wide round the chest (of course over the injured part); draw this tight, and sew it on with large stitches, not placed opposite each other, but more like what is called the "herring-bone stitch;" tighten it from day to day as required. If the accident happen away from the house, tie a handkerchief firmly over the clothes till you reach home.

RIBS BROKEN, WITH A WOUND.—If it be merely a scratch, after your fomentation use a bit of lint and plaster, and your bandage as before; but if the wound be at all deep, even if you do not think it has gone through into the chest, put on some folds of wet rag and a bandage. Let the person *lie on the bad side*, and keep him as quiet as you can till the doctor comes. Do not forget this rule.

In all cases of a wound to the chest the person must lie on the wounded side.

ARM, ABOVE THE ELBOW.—There is only one bone here. We want four splints, with a soft pad to each, to reach from the shoulder to the bend of the arm. Place one behind, one before, and one on each side, and secure them with a bandage. Use the sound arm as a model to shape your splints by. Carry the arm in a sling.

ELBOW JOINT.—The bone which projects at the back of the elbow is broken by a fall or blow. The person cannot use the arm. Compare the two arms together, and you will find the point of the elbow is gone and is drawn up into the back of the upper arm.

Keep the arm quite straight and place a long splint on the inside, well padded.

ARM, BELOW THE ELBOW.—Here you have two bones, and one or both may be broken. If you try to raise the arm by taking hold of the wrist you will easily detect it.

Hold the arm bent, with the thumb uppermost—as if the person were going to lay it flat against his chest, place one splint along the palm of the hand to the bend of the arm, the other along the back of the hand to a little beyond the elbow; apply a wet bandage loosely to keep them steady, and carry the arm in a sling. After all fractures there is swelling. Always allow for this in bandaging the first two or three days.

HAND, FOOT, OR ANKLE.—These bones are solid, and are almost always wounded by such an accident as breaks or crushes the bone—such as by machinery, threshing-machines, etc.—and are always serious.

Cover the whole hand in several folds of rag, or handkerchiefs, dipped in cold water. If you cannot find water, wrap it up in a good handful of damp grass. If there be much bleeding, dip it into cold water if you find any on the way. *Hold the hand on the top of your head.*

HIP JOINT. The bone here is liable to be broken in aged people from very slight causes. Very frequently the person feels something crack in the hip, and cannot stand or rise from the ground. If placed upright, you will find the injured limb shorter than the other and the foot turned outwards. Remove the clothes carefully and keep in bed till the doctor comes.

THIGH.—The fracture is ascertained by the person not being able to raise the leg, and by pain when he attempts to do so. The greatest trouble you will have in this case is from the violent spasms of the muscles, which draw the broken bone out of its place, and cause great suffering.

If in the fields, or away from home, get some stiff straw, reeds, bits of very thin board, or, if anyone has a rather stiff hat, knock the crown out, split up the body, and bind this rather tightly with suspenders, handkerchiefs, etc., round the injured limb. On reaching home, if the spasms be severe, put a strong bandage round the ankle, cross it over the instep, and bring the ends together under the foot, and to this sling a brick, or any convenient article about eight pounds weight. Let this hang over the foot of the bed, so as to draw down the leg. This will give great relief.

CAP OF THE KNEE.—This fracture is commonly caused by falling on the knee, or in trying to avoid falling. As soon as it happens, the person has lost all power of standing on that leg; and if placed upright, drops down instantly. The bone is split across, and has left a gap, just as we found at the elbow when that bone was broken.

Keep the leg quite straight placing the splint of course along the back of the limb, and treat it exactly as we described at the elbow, and when the patient is obliged to move, pass a strong bandage round the neck and under

the foot, and draw it so tight that it will entirely support the weight of the leg.

LEG BELOW THE KNEE.—Here we have two bones, as in the fore-arm. If the small one be broken, you may have great difficulty in finding it, and it is of no consequence to do so, for the large one will act as a splint; but if the larger one be broken, it is so little covered with flesh that you cannot fail to know it.

Get a broom handle, cut it into two pieces, which will reach from the knee to a little past the foot; take a pillow-slip, or piece of calico about the same size, roll each end round a piece of the brush-handle, and sew it on; lay a soft pillow lengthways in this, place the leg comfortably upon the pillow, bring up the sticks (rolling the calico round them) till it allows them to come just half-way up the knee-joint and half-way up the foot; pass two or three pieces of tape under, bring up the sides of the pillow against the leg, and tie them; keep the foot pointing directly upwards.

GENERAL REMARKS.—The object you have in view is not to *cure* broken bones, but to put the broken ends in their proper places, and keep them there. Nature will do the rest.

In fractures of the lower limbs, occurring at a distance from home, the jolting of a carriage should be avoided, and the person carried. A door, a broad plank or shutter, a large sack cut open, a sheet or blanket or piece of tarpaulin, fastened at the four corners to two strong hay-forks, makes a capital hammock, carried by four men.

In any case of injury to the arm or hand, you need a splint. Any man can make one in a few minutes out of a piece of thin board or stiff cardboard, a cigar box, or an old handbox cut into slips the breadth of your hand, or a little wider; or if you are in the country you can make an excellent, strong, light splint with six or eight willow twigs

(such as are used for making baskets) tied together in and out with tape; but whatever you use, let it be long enough to reach from a little beyond the elbow to a little beyond the ends of the fingers. Cover this with a pad of soft hay, hair, or anything soft, and then not only the arm, but the hand, will rest comfortably. You can now use anything you like to suspend it round the neck, only bearing in mind that the hand must not hang lower than the elbow.

DISLOCATIONS;

OR LIMBS OUT OF JOINT.

Never attempt to do anything unless you are quite sure it is a case of being "out of joint." It would be a dreadful mistake to pull about a fracture instead. Excepting the one case which I now give you, it will be far better to wait till a surgeon makes a proper examination.

BROKEN NECK, OR NECK OUT OF JOINT.—This is caused by a heavy fall on the side of the head. The head is turned to one side and fixed. In this case you *must* act at once.

Lay the person on his back, plant one knee against each shoulder, grasp the head firmly, pull gently, and at the same time turn the head into its proper place.

JAW.—This is sometimes thrown out of joint by opening the mouth too wide, as in gaping; you cannot possibly mistake it. The mouth is fixed wide open, and of course the person cannot speak.

Place a bit of strong stick—a thin walking-stick will do very well—across the mouth, exactly like a horse's bit. Push it far back, then press downwards and backwards till you feel the jaw slip



into its place, or you may push it into its place with your thumbs protected with a towel.

SHOULDER.—The arm cannot be raised. You will see the depression on the top of the shoulder, where the bone ought to be, and will most likely feel it in the armpit.

Lay the person flat on his back, and sit down beside him on the injured side. Pull off your boot, place your heel in the armpit, take hold of the arm, either simply with your hands or with a long towel fastened to it, and passed round your neck, and pull steadily. After you have done this some time, tell the person to turn round ;



while he is trying to do this, give a sudden strong pull, jerk your heel against the head of the bone in the armpit, and you will hear it return to its place with a snap.

It will be best for you, however, not to try to do this except in an extreme emergency, or in the case of a person to whom the same accident has happened before, for you might do great harm if it were a fracture and not a dislocation.

THUMB.—You cannot possibly mistake this ; but, small as the joint is, you will find it exceedingly difficult to master. Take it to a surgeon, if possible. But if you should be a long way from assistance, try the following :

Let one strong man hold the wrist, or, if you are by yourself, let the person lie on the floor. Powder a little chalk or resin on the hand to prevent slipping. Pull steadily at the thumb for some time, then turn the thumb backwards, and at the same time with the other hand push it into its place.



Fingers may be managed in the same way.

HIP.—The leg is shortened, and the foot turned *inwards*; but unless you feel sure it is *out*, do not attempt to do anything. In case of need, act in the same way as you would do in the case of the shoulder, only placing your foot between the legs, protecting the parts with the folds of a towel.

WRIST, KNEE, OR ANKLE.—These are always such severe accidents that they should be at once placed under the care of a surgeon; but if you cannot obtain advice, the principle of action is the same in all cases. By stretching the muscles by pulling, till they become so relaxed, that they will allow you to push the joint back again into its place.

SPRAINS.

A sprain is a very painful and very serious thing. When you consider that from the tips of the fingers to the wrist, or from the ends of the toes to the leg, there are not less than thirty separate bones, all tied together with straps, cords, and elastic bands, and about twenty hinges, all to be kept in good working order, you will

not wonder at sprains being frequent and sometimes serious. You will have little difficulty in knowing a sprain.

But there is the danger of bones being broken or displaced, as well as the mere sprain. Therefore, as soon as possible, before swelling takes place, see if the joint looks natural; compare it with the other one, and notice if any bone be loose or pushed out of its place. If so, go to a surgeon at once. If it is only a sprain, wrap up the part in several folds of flannel, dipped in water as hot as it can be borne with comfort, and cover it with a dry bandage: if possible, with a piece of oiled silk or sheet gutta percha. If it be very painful, wet a piece of rag with laudanum, place this next the skin, then cover with the wet flannel.

All sorts of poultices are used in the country for sprains. So long as they are wet, soft, and warm, they do good; but there is nothing so cleanly, so easily applied and soothing, as the laudanum and hot water.

The part must be kept quiet, not only while painful, but even after the pain has gone; for if you exercise the joint too soon, you may do great mischief. Keep the warm applications on constantly till all pain and inflammation are gone, then, twice a-day, hold the joint under a tap or stream of cold water for a few minutes, till it begins to feel painful; then bind it up with a common bandage, and bring it back to its work very gradually. A great deal of pain and swelling can be avoided by keeping the limb in a proper position. Whether wrist or ankle, *it must not hang down*. If it be the wrist, let it be comfortably supported in a sling; if the ankle, let the person lie or sit with the foot raised as high as is comfortable.

THE TENDON AT THE BACK OF THE HEEL is sometimes broken by jumping, carrying too heavy weight up steps, etc., or may be cut by a scythe, and the person is "hough

ed." If the accident happen away from home, and you have no conveyance, bend the knee, and secure it with a strap or cord, passed under the instep and around the neck. Then with a pair of crutches, which you can make with two hay-rakes or hay-forks cut to the proper length, the patient can walk. A very good support can be made by a dog-collar buckled round the leg above the knee and attached by a cord to a loop in the heel of a slipper. The leg must not be put down with the sole of the foot on the ground for two weeks, and when walking is first practised, let it be on a level, but do not try to walk upstairs for a month. There is no occasion to confine a person to the house with this accident. Get a pair of crutches at once, secure the leg, and let him enjoy the fresh air.

POISONS AND POISONING.

So many substances of a poisonous nature being used in manufactures amongst farmers, and also in private houses, it will be useful to have a guide to refer to in case of accident; for in almost every case of poisoning the remedy must be given immediately, or we cannot expect to succeed. I give here the names in common use, and under one head I include various articles made from the same substance. For instance, to the word mercury, you will find calomel, corrosive sublimate, white precipitate, vermilion, which are all mercury, but in different forms.

As a general rule, in all cases of poisoning, especially if seen immediately after the poison has been swallowed, the person should be made to vomit. To accomplish this give a teaspoonful of mustard in a tumbler of warm water—or two or three teaspoonfuls of powdered alum in the same way,

ARSENIC: Scheele's green, ague drops, rat poison, etc.—*Symptoms*: Pain and burning heat of stomach, dry

ness of throat, cramps, purging, vomiting.—*Treatment*: Give large quantities of milk and raw eggs, lime-water or flour-and-water. Then castor oil.

ANTIMONY: Butter of antimony, tartar emetic, etc.—*Symptoms*: Severe vomiting, cramps, faintness, purging.—*Treatment*: Plenty of strong tea. If you have no common tea at hand, use an infusion of oak, elm, sloe, currant, or blackberry bark or leaves. Or for butter of antimony, use the treatment given below for ACIDS. Support the strength.

ACIDS: Oxalic, sulphuric (oil of vitriol), nitric (aqua-fortis), muriatic (spirit of salt), but not prussic acid.—*Symptoms*: Horribly burning, sour pain from the mouth downwards. The skin of the lips, mouth, and throat, is dissolved. Purging of blood, great thirst.—*Treatment*: Put an ounce of calcined magnesia into a pint of water, and give a wineglassful every two or three minutes. If the magnesia is not ready, use whiting, chalk, soda, or lime-water, or knock a piece of plaster off the wall, pound it small, and give it in milk or water. While one person attends to this, let another cut some common soap into small bits, and give a teaspoonful with water, or a tablespoonful of soft soap. Give plenty of warm water to drink.

BAD FISH: Mussels, etc.—*Symptoms*: Pain in stomach, headache, flushed face, feeling of choking, perhaps scarlet eruption of skin.—*Treatment*: Empty the stomach by an emetic (as in poisoning by laudanum), then give a full dose of castor oil with some warm spice. A mustard plaster to the pit of stomach if needful.

BITE OF SNAKE, or of any animal supposed to be mad.—*Treatment*: Tie a string tightly above the wound, wash the bite well, let the person bitten suck the wound if he can. If you can get lunar caustic (nitrate of silver), rub it well in, to the very bottom of the wound, or take a very

small poker, or, much better, a steel used for sharpening knives; make the point of this quite red-hot—to a white heat if you can—and press this for a moment into the wound. This is not such a dreadful operation as it seems to be; if the steel, or whatever article you use, is really hot enough, one moment's application is sufficient, and gives scarcely any pain at the time.

In case of a rattlesnake bite the person must be given freely whiskey or other alcoholic stimulant; also spirits of ammonia, if it can be had.

I wish here to draw attention to a most absurd, ridiculous superstition which exists; that is, if a person be bitten by a dog which is in perfect health, but afterwards goes mad, the person also will be affected; so they insist upon the dog being destroyed, for fear it should go mad at any future period. Instead of this, the dog should be carefully taken care of; patients would then have the satisfaction of knowing that there was nothing wrong with it, and their minds would be at rest.

CHLORIDE OF TIN: called Muriate by dyers. *Symptoms:* Vomiting, pain in stomach, purging, convulsive twitchings.—*Treatment:* Give large quantities of milk with magnesia, chalk, or whiting in it; also raw eggs beaten up with water or milk.

CHLORIDE OF ZINC: Burnett's disinfecting fluid, white vitriol.—*Symptoms:* Same as chloride of tin.—*Treatment:* Plenty of milk, with white of eggs in it.

COPPER: Blue copperas, blue verditer, mineral green, verdigris, food or confectionery cooked in foul copper vessels, pickles made green by copper.—*Symptoms:* Coppery taste in mouth, tongue dry and parched, very painful colic, bloody motions. *Treatment:* Large quantities of milk and white of eggs, afterwards strong tea. Don't give vinegar.

CORROSIVE SUBLIMATE: See Mercury.

COCULUS INDICUS: See poisonous Plants.

GREEN VITRIOL: Sulphate of iron.—*Symptoms:* Pain, sickness, burning heat of stomach.—*Treatment:* Give an emetic, afterwards magnesia or carbonate of soda and water.

IODINE: Iodide of potassium, or soda, or iron.—*Symptoms:* Burning pain in throat, heartburn, vomiting, very likely salivation.—*Treatment:* Large quantities of cold starch-and-water, or flour-and-water.

LEAD: Acetate, or sugar of lead, red lead, white lead.—*Symptoms,* if taken in large quantity: Metallic taste in the mouth, pain in stomach, painful vomiting, often bloody, hiccough.—*Treatment:* Put two ounces of Epsom salts into a pint of water, and give a wineglassful every ten minutes, till it operates freely. Taken in small quantities, either by drinking water out of a new lead cistern, or one newly repaired with white lead, or by working amongst it; lead produces colic, loss of power in the limbs, especially wrist drop, and a blue line along the gums: in this case you will not require to do anything till the doctor comes.

LAUDANUM: Opium, paregoric, soothing syrup, syrup of poppies, etc., etc.—*Symptoms:* Giddiness, stupor, gradually increasing into deep sleep, the pupil of the eye very small, lips blue, skin cold, heavy, slow breathing.—*Treatment:* Empty the stomach as quickly as possible by vomiting. For an adult give fifteen grains of sulphate of zinc in a little water; to a young person half the quantity, to an infant a teaspoonful of syrup of ipecac. If you cannot get drugs, use mustard and warm water, salt-and-water, and tickle the top of the throat. After vomiting give plenty of very strong coffee, put a mustard plaster round the calf of each leg, and if cold and sinking give a good quantity of spirit-and-water. Keep the patient roused till the effect has passed off by beating the soles of the feet, walking him about, or dashing cold water on

the face. Remember if the patient goes to sleep at this stage, it will be the sleep of death.

LUNAR CAUSTIC, OR NITRATE OF SILVER, has been swallowed by accident when used for touching a sore throat, etc.—*Symptoms*: Burning pain, similar to arsenic.—*Treatment*: Give a large teaspoonful of common salt in a glass of water, and repeat this in ten minutes. Then a dose of castor oil, and linseed tea, or barley-water for a drink.

MERCURY: Calomel, corrosive sublimate, red precipitate, vermilion, etc.—*Symptoms*: Metallic taste in mouth, burning pain in throat, stomach and bowels, vomiting, very painful purging, and cramps.—*Treatment*: Give the white of an egg in a little water, repeat this twice more with five minutes between each time, give large quantities of milk or flour-and-water, then linseed tea.

NITRE, OR SALTPETRE.—*Symptoms*: Similar to arsenic.—*Treatment*: Give plenty of flour-and-water, then linseed or sweet oil.

OPIUM: See Laudanum.

PHOSPHORUS: Lucifer matches.—*Symptoms*: Great excitement of the whole system; other effects like arsenic.—*Treatment*: Give large quantities of warm water with magnesia, chalk, or whiting, or even flour, stirred in it; encourage vomiting, but give no oil or fat of any description.

POISONOUS PLANTS OR SEEDS: False mushrooms, or anything of the kind picked up by children, but which you cannot tell at the time.—*Treatment*: Empty the stomach by any emetic you have at hand: warm water; mustard, salt, or soap, warm chamomile tea, etc. If there be no purging, give a good dose of castor oil or olive oil. If the patient be faint or sinking, give stimulants.

POTASH: Soda, ammonia, sal volatile, salt cake, disinfecting fluids of concentrated solutions of soda or potash.

—*Symptoms*: Heat, pain in stomach, vomiting, and purging.—*Treatment*: Vinegar-and-water, oranges, lemons, sour beer or cider, or sour fruit. Afterwards, olive, linseed, or any wholesome oil.

PRUSSIC ACID: Oil of bitter almonds, laurel-water, cyanide of potassium, used by photographers and others.—*Symptoms*: If the quantity be large, death takes place instantly, but smaller quantities produce giddiness, loss of sight, and fainting. The peculiar smell is often perceptible about the mouth.—*Treatment*: Give sal volatile and water, and apply a bottle of smelling salts to the nose, dash cold water on the face, and give stimulants.

STRYCHNINE: Rat poison, etc., nux vomica.—*Symptoms*: There is lockjaw, twitching of the muscles, convulsions, the body is bent backwards, so as to rest upon the feet and head only.—*Treatment*: Try to empty the stomach by an emetic, then give linseed-tea or barley-water, and to an adult thirty drops of laudanum occasionally to relieve the spasms. There are other remedies, but not such as can be used without a doctor being present.

TARTAR EMETIC: See Antimony.

ZINC OXIDE: *Symptoms and Treatment*—As in copper.

Always bear in mind that cases of poisoning admit of no delay. In many diseases and accidents an hour or two may be of no consequence, but here we must think of minutes, and the life or death of the patient will depend upon how you employ them.

TO RESTORE A PERSON APPARENTLY DROWNED.

The Royal Humane Society some years ago published the following directions as to what should be done for people who seemed to be dead from drowning or suffocation, prepared by Dr. Sylvester and Dr. Marshall Hall:—

Send immediately for medical assistance, blankets, and dry clothing, but proceed to treat the patient instantly, securing as much fresh air as possible.

The points to be aimed at are—first, and immediately the restoration of breathing; and secondly, after breathing is restored, the promotion of warmth and circulation. The efforts to restore life must be persevered in until the arrival of medical assistance, or until the pulse and breathing have ceased for at least an hour.

TREATMENT TO RESTORE NATURAL BREATHING.

To maintain a Free Entrance of Air into the Wind pipe.—Cleanse the mouth and nostrils. This is best done by placing the patient gently face downward for a moment with one of his wrists under his forehead. This allows any fluids to escape from the mouth and throat and the tongue to fall forward; draw forth the patient's tongue, and keep it forward; an elastic band over the tongue and under the chin will answer this purpose. Remove all tight clothing from about the neck and chest.

To adjust the Patient's Position.—Place the patient on his back with the head and shoulders raised, and supported on a small firm cushion, such as a folded coat.

To imitate the Movements of Breathing.—Grasp the patient's arms just above the elbows, and draw the arms gently and steadily upwards, until they meet above the head (this is for the purpose of drawing air into the lungs); and keep the arms in that position for two seconds. Then turn down the patient's arms, and press them gently and firmly for two seconds against the sides of the chest (this is with the object of pressing air out of the lungs: pressure on the breast-bone will aid this).

Repeat these measures alternately, deliberately, and perseveringly, fifteen times in a minute, until a spontane-

ous effort to breathe is perceived, immediately upon which cease to imitate the movements of breathing, and proceed to induce circulation and warmth.

Should a warm bath be procurable, the body may be placed in it up to the neck, continuing to imitate the movements of breathing. Raise the body in twenty seconds in a sitting position, and dash cold water against the chest and face, and pass ammonia under the nose. The patient should not be kept in the warm bath longer than five or six minutes.

To excite Inspiration.—During the employment of the above method excite the nostrils with snuff or smelling-salts, or tickle the throat with a feather. Rub the chest and face briskly, and dash cold and hot water alternately on them.

TREATMENT AFTER NATURAL BREATHING HAS BEEN RESTORED.

To induce Circulation and Warmth.—Wrap the patient in dry blankets and commence rubbing the limbs upwards, firmly and energetically. The friction must be continued under the blankets or over the dry clothing.

Promote the warmth of the body by the application of hot flannels, bottles or bladders of hot water, heated bricks, etc., to the pit of the stomach, the armpits, between the thighs, and to the soles of the feet. Warm clothing may generally be obtained from bystanders.

On the restoration of life, when the power of swallowing has returned, a teaspoonful of warm water, small quantities of wine, warm brandy and water, or coffee, should be given. The patient should be kept in bed, and a disposition to sleep encouraged. During reaction large mustard plasters to the chest and below the shoulders will greatly relieve the distressed breathing. Great care is requisite to maintain the restored vital action, and at the

same time to prevent undue excitement. Persevere for at least three or four hours.

Do not be discouraged if you do not produce any good effect at once, but persevere. There have been cases of recovery after suspended animation of *five hours*. You will feel it a glorious reward when you see the dead restored to life through your exertions. [The same plan may be used, except removing the clothes, when a person is suffocated with foul air of any description. In this case, too, cold water should be freely applied to the head. And here I would give you a word of caution. Before entering any old well, sewer, or other place where you may suspect the air to be bad, let down a lighted candle into it. If this will not burn, it is not fit for you to enter. Never use charcoal for warming a room when any one is in it. The gas given off when it is burning is so deadly, that I have seen a husband and wife suffocated in bed, though the charcoal was placed on the hearth.]

FEVER.

When nursing a case of fever, never forget the great subject of ventilation. Change the atmosphere of the room frequently; blow the bad air out of it, and fresh air into it, not only that the patient may have the best possible chance of recovery, but for your own sake and for the sake of others. In every sick room, but especially in case of fever, the chimney should be open; and an open fire should be kept up, even if the weather be quite mild, or if the house have a furnace in it. This is not necessarily so much for heating as for ventilating the room in the best way. If possible, use soft coal in preference to hard. Let the patient's hair be cut short, to enable you to attend to it properly, and it will also tend to keep the head of the sufferer cool and comfortable. When a person is delirious

with fever, the dreams and fancies are almost always of a painful nature, the countenance showing plainly that the mind is troubled. There is a sense of fear, a dread of something which he may not have the power to explain to you. Try in every way to gain his confidence; listen patiently to his complaints, however ridiculous they may appear to you; do not contradict, or tease him with argument. Remember "dreams to the dreamer are realities," and these things terrify him just as much as if they were actually in the room. It is very common for some part of the furniture to take frightful shapes in the eyes of a fever patient. Perhaps he may be able to tell you what it is, but if not, by carefully watching the eyes, you will find him look steadily at one object, and then turn away suddenly, as if he were trying to escape. When these visions are troubling the patient, the best plan, if you can do so, is to remove him into another room. The effect is wonderful. The visions disappear, the dreadful forms are all gone, and the bright and cheerful face tells you better than words what a relief he feels. If you cannot change the room, change the furniture, and if that cannot be done, alter its position.

A singular and yet not uncommon thing in fever with delirium is a strong dislike taken by the patient to a particular person, and this generally not a stranger, but a near relative, one who is greatly beloved by him when in health, and who has been for days and nights watching over him. In some cases this feeling of dislike grows into a hatred so deep that it is not safe to allow the person to remain alone in the room. This is very distressing; it appears so ungrateful, such a poor return for all the care and kindness bestowed upon him, so unnatural, that it is hard to bear. But it should be remembered that it is unnatural; it is the result of disease, and has no more to do with a patient's real affection than taking a dislike to some par-

ticular article of food. As the mind becomes healthy this will pass off; but it is very desirable that the person to whom the dislike is taken should be removed as soon as possible, and not again enter the room till the mind is in a healthier state, or the feeling may become so fixed that it will require a long time to subdue it.

During the great thirst of fever you will frequently find that the patient, particularly a child, will prefer pure water to any other drink; but if you require a change, you will find what is called apple-tea cheap and refreshing. Peel the apples and cut them in very thin slices into a jug with some clean sugar, fill up with boiling water, and let stand till quite cold. The quantity cannot be fixed, as that must depend upon the quality of the fruit. Another pleasant drink is made of the juice of three or four oranges and one lemon in a quart of water with a little sugar. When you cannot easily get either oranges or lemons, buy a small bottle of lime-juice; this will keep good in a cool place for a great length of time; it is very wholesome, and a tablespoonful, with half a pint of water, sweetened, will make a glass of good lemonade in a minute. Perfect silence is not always desirable. It is not a good thing to put on list slippers, and walk about without any noise; if you go up to the bedside of a patient in this way, he may get a severe fright. In talking, the same rule holds good; do not whisper, it will very likely awaken the sleeper, just because it is a strange sound; speak in your natural voice, and it will not arouse him, though it be louder than a whisper, for he hears it every day, and is used to it. Therefore let all every-day sounds go on as usual, *unless complained of by the patient*, and let this reflection comfort you—Sleep in the midst of noise is sounder and more likely to continue than in a dead silence, because slight causes are less likely to disturb it.

Is it well to awaken a patient to give food or medicine? Generally you may conclude that if a patient sleeps he is doing well; but in the sinking stage of fever, or other great debility, it may be needful to give something frequently. After days and nights of watchfulness, where the mind is wandering with fever, the patient will fall into a long sleep, which may last many hours. I have one now enjoying excellent health, who slept in this way thirty-seven hours. This is the turning-point of the disease, and generally the patient awakens with the mind restored, and from that time commences, as it were, a new life.

When fever is once formed, it runs a regular course, like small-pox. We must try to weaken it as much as possible by fresh air, and support life by suitable diet, till the disease has worn itself out. But as a person not accustomed to such things cannot know at the beginning whether the illness be fever or not, you must act only in such a way as to do good if it be fever, and no harm if it be not.

A person, perhaps after getting wet or being exposed to cold, complains of headache, shivering, pains in the limbs, back, and throat; put him to bed and give him some hot drink, soak his feet in hot mustard water, and at night give a dose of castor oil. Having done so much, wait to see if he will not throw off the attack, which may have been but an ordinary cold.

SCARLET FEVER.

It is very desirable that you should be able to distinguish between scarlet fever and measles, for the first is a most fatal disease, and the second, with proper care, will seldom destroy life. There are two kinds of scarlet fever: the mild form, where there is little or no sore

throat, and in which the eruption does not appear till the fourth day, and which, if the child be kept warm, generally passes off without doing any harm; and the malignant, with ulcerated sore throat, which is a dreadful disease, often proving fatal.

The difference between scarlet fever and measles is—

In Scarlet Fever—

The eruption is bright scarlet.
It appears on the second day.
Is quite smooth to the touch.
Is in small round spots.
Disappears on pressure.
The face is quite dry.

In Measles—

The eruption is dark red color.
Does not till the fourth day.
Is raised.
Is larger and crescent-shaped.
Does not disappear.
Face swelled, running from the eyes and nose.

Symptoms of Scarlet Fever.—Vomiting, which frequently comes on suddenly while the child is at play. Headache, a feeling of depression and weakness, as if all the strength had gone, and shivering. Next day there is hoarseness, difficulty of swallowing, hot, dry skin, great thirst, the poor child sighs frequently, and complains of pain like needles pricking all over the body. The rash now appears, first in scarlet patches on the face, spreads down the neck and over the body. The tongue is a fiery bright red, like a ripe strawberry. The throat swells, and there is a great difficulty in swallowing. About the fifth day the scarlet color fades and turns brown, and the skin peels off. Never undertake the treatment of this yourself, if you can get proper assistance. Apply hot fomentations constantly to the throat, and give oranges, lemonade, raspberry vinegar and water, black currant tea, or apple tea, for drink. Above all things, keep the child well protected from cold. When the skin begins to peel off, you will find the child constantly picking the nose, lips, and tips of the fingers. It is a curious thing how children in this state seem to feel no pain, but to take

to delight in doing this. No coaxing nor threats will have any effect; your only remedy is to put a pair of mittens or worsted socks on the hands and secure them to the waistbands of the dress; then the fingers and thumb will meet inside the sock without getting hold of the skin.

Keep the child in the house a fortnight after he seems quite well.

This disease, like small-pox, is very infectious. I have known a whole family prostrated by the lady merely standing for two or three minutes in the lobby of an infected house. I also know a case of a nobleman's house, where the whole of the furniture of the room was burnt, the other rooms were repainted and papered, and the house left empty for four months, yet the disease broke out again from using some clothing which had remained in it. Never allow any clothes of a patient to be washed in the house, but always outside; do not pour boiling water on to them and stand over the steam. Fever is not a solitary disease like rheumatism or dropsy, affecting only one person; but when it once fixes itself, it is impossible to tell how many it will attack before it quits the locality; therefore, if you have it in your own house, do not allow any person to enter it, and never yourself go to any such place from idle curiosity; but if it be your duty to go, do your duty without fear, and leave the rest with God.

After scarlet fever or small-pox the sick room and all the articles used in it should be thoroughly disinfected. This may be very thoroughly and well done by closing up the room air-tight, after removing everything wet or moist from it, and then burning sulphur in it—a few ounces on an iron pipkin or kettle with legs. Every person should leave the room after the sulphur is lighted, and it should be left closed for several hours.

MEASLES.

We come to another infectious disease, but one which, with ordinary care, is not fatal, as a general rule.

Symptoms.—The child appears as if it had a cold in the head, sneezing, cough, running at the eyes and nose, itching of the face, the eyes are red, and very sensitive to the light.

On the fourth day small red spots appear on the face, generally in clusters, and then spread. If you examine them carefully, you will find they are not round, but crescent or half-moon shape. In measles the fever increases as the rash comes out. When it has been out three days it turns brown, and the skin crumbles off like bran. The common saying with regard to measles is, "It is three days out, and four days in," that is, that the patient is ill four days before the eruption appears, and that it remains three days. At this stage, diarrhœa frequently occurs.

Let the child be in a room shaded from any strong light. *Keep the chest particularly well protected from cold.* Give plenty of warm weak drinks, such as tea, arrowroot, etc., and if the breathing is difficult, put on a mustard and oat-meal poultice to the chest, and give a small dose of purgative medicine, if needful. In general this is all that is required, if you only protect the child from getting cold. But if the disease is not running its usual course, and more than this is needful, you will need good medical advice.

SMALL-POX.

In the ten years from 1856 to 1866, fifty thousand persons have died of small-pox in England, of which number nine thousand four hundred and twenty-five perished in

one year; that is to say, five thousand lives are sacrificed every year by stupidity and neglect.

The symptoms, when small-pox first comes on, are fever, pains in the limbs and back, headache, vomiting, and pain on pressing the pit of the stomach.

On the third day, small red spots appear on the face and head; these gradually rise and enlarge, the eruption spreads over the whole body, into the ears, eyes, nose, mouth, and throat. The hands, feet, and face swell, there is great difficulty in swallowing; by the eighth day the face is a mass of pocks. In severe cases the eyes are often seriously affected and the sight sometimes lost. On the eleventh day the sores discharge and form a dry crust, which gradually dries and falls off. This is the time when it so frequently proves fatal. In seventeen to twenty days the disease may be said to have run its course.

Small-pox, when once taken, moves on by fixed laws, and nothing you can do will either cut it short or cure it; it must go through its regular stages. Still, you may be very useful. In the first place, cut the hair close, for it is impossible for you to brush it after the pocks have risen. To prevent pitting, you must keep the light from the patient's face, either by covering it with a piece of something black—say silk—with holes cut in it for the mouth and nostrils; or by keeping the room dark. Anoint the parts with sweet oil to prevent itching. Covering the face is better than darkening the room—it is more convenient for the attendants, and has a better effect upon the skin. The part of the body covered by the clothes is scarcely marked in comparison with the parts exposed—as the face and hands.

Remember, that this disease is dreadfully infectious; so look well after ventilation, read over carefully the directions I gave when writing about the sick room, and send for the doctor.

As we know to a slight extent the ravages of this dreadful disease, and poverty and misery caused by it, it is plainly the duty of every one of us to do our utmost to prevent it; and the only way to do this is by vaccination. Vaccination either prevents the person taking it at all, or, if it be taken, changes it from a terribly fatal complaint into one which scarcely ever destroys life or sight, or injures the patient in any way. I have myself had numbers of patients who have been completely covered with the modified eruption—inside the eyelids, ears, nose, mouth, and in the throat—but *I have never yet seen a person die, or lose the sight, or be disfigured, who had been properly and successfully vaccinated.*

This, then, is your duty. Get yourself and children vaccinated; let no foolish person persuade you against it; and if small-pox breaks out near you, have it done again. It takes very little time, it gives so little pain, that it may be done without awaking a child out of its sleep, and it need not keep you from your usual employment. Let me entreat you not to neglect this, the only known precaution; if you do, you commit a great crime, for you not only run the risk of taking the disease yourself, but of infecting the neighborhood in which you live

CHOLERA.

ASIATIC CHOLERA.

THIS terrible disease sweeps over the land at times like a destroying angel, leaving houses desolate, and hurrying thousands unprepared into the grave. It is of the utmost importance that you should be able to distinguish between common purging and true cholera. In common looseness, you have two kinds—one where the motions are a dirty pipe-clay color, and very offensive, showing too little bile; in the other, a bright yellow color, with some

burning, smarting pain, showing too much bile—what is called bilious purging.

Symptoms of True Cholera. For one or perhaps for two days, there is gentle purging; if not stopped it quickly runs on to the next stage. What now passes from the bowels is not offensive, it is like rice water or very thin gruel, and all control over the bowels is lost. It gives no pain, there is no straining, though there may be very severe cramps. In a few hours all strength is gone, the body, the tongue, and even the breath are quite cold, the nails turn blue, there is great thirst, perhaps constant vomiting; the eyes sink more in a few hours than they would do in months of ordinary illness, and the most remarkable change takes place in the voice. It becomes a small squeaking whisper, so unnatural and so peculiar that any one who has seen much of cholera could distinguish it in a moment by the voice alone.

There is no cure for cholera when it once takes hold of the system; every description of medicine likely to do good has been tried by the most skilful physicians, but so far we know of no remedy. The time to do good is in the *early stage*. Commence at once; let the patient get to bed, apply hot bricks and fomentations to the extremities and mustard plasters to the bowels. He may also at first take some hot drink to try to bring on perspiration. In the absence of a physician an adult may take ten drops of laudanum and ten of spirits of camphor. A child of ten years five of each; a child of five years three drops of each, and these doses may be repeated every twenty minutes as long as diarrhœa or pain or vomiting continues. This may save time, but in all cases send for a physician at once.

All damp, dirty places, particularly where the water is not good, are most likely to be visited by it.

People who are dirty and intemperate have less chance of recovery than others.

All the discharges of a person ill with cholera should be at once removed from the room, and the utensils and clothing thoroughly scalded with boiling water.

CHOLERA MORBUS.—The attack of cholera morbus is very apt to occur at night. It is marked by sudden and severe vomiting, followed by purging and accompanied by severe cramps, generally in the bowels. These are temporarily relieved by the evacuations. Another feature is thirst. At the same time the skin is quite cool. Generally speaking, one would recover from the attack without medical aid, though at the cost of much suffering, which timely treatment may prevent. Let the person go to bed, put a mustard plaster on the bowels, and stay on his back till the vomiting and purging have stopped for several hours. He may take the laudanum and camphor as directed for Asiatic cholera, but not oftener than after every movement of the bowels, instead of every twenty minutes. When the stomach begins to crave food, a cup of hot tea will probably throw him into a perspiration, and before that he should take nothing but the medicine and little bits of ice.

BOWEL COMPLAINTS.

Diarrhœa occurs every summer, and is frequently fatal to young children. Because it is common at the same time of the year that fruit is, it is generally thought that eating fruit is the cause of it. It is said to come in with the plum season: so it does, but not because of the plums, or infants at the breast would not so frequently die of it. Ripe, sound fruit, in its proper season, does no harm, but great good; but sour, unripe, or half-decayed fruit or vegetables are little better than poison; so

I would say, eat of the fruit of every tree which is good for the use of man, but have patience till it is ripe, and do not use any part which is decayed or rotting. When this complaint appears, it should be attended to, not always stopped immediately, for it is often an effort of nature to throw off something which is better away; but if allowed to run on, it becomes serious.

Now comes the important question,—How to know when to stop the action of the bowels, and when to assist them. You may take this as a good general rule. If what passes from the bowels be very offensive, or if they have not been sufficiently acted upon for some days, then clear them out with a dose of castor-oil before you give anything else.

In the case of a child it will be as well to use the spiced syrup of rhubarb instead of castor oil. A teaspoonful may be given an infant. In any case, put the child to bed, pin a flannel bandage tightly round the bowels, and give no food whatever for some hours. Perfect quiet upon the back is of the utmost importance. These latter directions should be followed out in all cases of bowel complaints, of whatever kind.

If there is pain in the bowels, apply either a mustard plaster or else treat as follows: Make a common dinner plate or small dish quite hot, lay on some folds of flannel wrung out of hot water, place the hot plate over this, taking care that the edges do not extend beyond the flannel; then cover with a dry towel. By having two plates, one at the fire while the other is in use, you can change them in a moment, and get any amount of heat you require without the weight of a large poultice.

After the operation of the purgative medicine our great reliance must be upon opium, and laudanum may be given in the doses recommended under the head of cholera, after each passage. But you should not give

laudanum or even paregoric to a baby, except by direction of a physician.

DYSENTERY commences with fever and hot dry skin. The child will perhaps scream as if in a fright, and be delirious, or have cold shiverings; afterwards a continual desire to go to stool, with straining pain in the lower part of the bowels. What passes is very small in quantity, like jelly, streaked with blood. When you see this, have the best advice you can get. If you are obliged to act for yourself, adopt this plan:—

Unless you are quite sure the bowels have acted properly within the last two days, give a dose of castor oil. But the part of the treatment most to be relied upon is this:—Make a little thin starch, and to one tablespoonful of this add one drop of laudanum, and with a small syringe squirt this up into the child's bowels, and keep it there as long as possible. This should be used two or three times in the twenty-four hours. Increase the quantity of laudanum by one drop for each year of the child's age up to five; but, as I remarked before, for this complaint secure the assistance of a doctor if within your reach.

Great care should be taken to scald with boiling water the vessel or bedpan used by a person having dysentery, as this disease may be conveyed by the evacuations. In dysentery, as also in cholera, the privy vaults and water-closets should be disinfected by a solution of copperas (sulphate of iron) poured into them daily. Eight or ten pounds to five gallons of water makes a proper solution for the purpose.

COLIC, or pains in the bowels without purging, commonly called gripes. You may generally relieve this by applying hot fomentations, and giving a dose of castor oil with plenty of spice, such as grated nutmeg, cinnamon, etc.

HOOPING COUGH AND CROUP.

HOOPING COUGH does not show itself decidedly in two or three days, like scarlet fever or measles. At first there are merely the symptoms of a slight cold. The child has a short, dry cough, particularly when taking food. This will go on for a week, or perhaps nearly a fortnight, before you hear the peculiar sound, which you cannot mistake. The fit of coughing is preceded by a sort of convulsive drawing in of the breath, which, as it rushes into the chest, causes the whoop. The cough lasts for about a minute, and generally ends in vomiting. The breathing is then quiet, and the child appears pretty comfortable till the approach of the next fit. In children under two years of age this disease is more dangerous than in older ones.

If the child should have convulsions, seek advice immediately. In milder cases, you will find that time and plenty of fresh air in fine weather will bring about a cure. If the breathing be very bad, put a good hot mustard and oatmeal poultice on the chest; and if the chest is a good deal stuffed and the child does not often vomit after the coughing fit, a teaspoonful of syrup of ipecac may be given with advantage. When the complaint has gone on for some weeks, change of air is the only thing which can be depended upon for stopping it. If you allow the child to get cold while it has this complaint, you cannot reasonably expect it to recover.

CROUP requires immediate attention, for if neglected it may destroy life in one or two days. It commences with hoarseness and short dry cough. The difficulty of breathing quickly increases, and soon becomes very distressing; the child fights for breath, and seems to require all its strength to force the air in and out of the chest. The face is flushed, the voice and breathing make

a peculiar sound, which it is almost impossible to describe, but which, if you once hear, you will never forget: it is a sort of a rasping, grating, choking sound, and the voice, when the child speaks, is something like the noise of a fowl when caught in the hand. I would recommend all mothers who have not seen croup to do so, if there be a case of it within reach, and then they will be able to distinguish it from the choking sound of mumps or common sore throat.

Night or day, send at once for a doctor. Till the doctor comes, proceed in this way: Give one or two teaspoonfuls of syrup of ipecacuanha; if needful, repeat it every fifteen minutes and give warm water to drink till the child vomits plentifully; put the feet into hot water and mustard till the skin is quite red, and a good large poultice, made with two parts oatmeal or bran and one part mustard, well up to the throat, and keep it on till it reddens the skin. Three hours after the vomiting, give the child a teaspoonful of water with two drops of syrup of ipecac in it, for each year of its age, up to ten drops; that is, for a child one year old, two drops; four years old, eight drops; and so on. Repeat this two or three times in the twenty-four hours. The object is to keep the child constantly feeling sick, just on the point of vomiting. If the breathing be not relieved the first day, you must repeat the vomiting, or the throat may close up and the child be suffocated. Mix in a tea-cup equal parts of molasses and good common vinegar; let it stand where it will keep just warm, and give the child a small teaspoonful frequently; you may put more or less of each article according to the strength of the vinegar, as the child finds agreeable. For croup and all descriptions of sore throat, there is no remedy equal to this old-fashioned, simple mixture. To save a child when taken ill with croup, you must attack it at once, and act decidedly.

Always obtain advice if you can. Delays are dangerous, but by acting upon these directions you will have done all you can safely till the doctor comes.

In any case of difficulty of breathing or pain in the chest you may always safely apply a mustard and oatmeal or bran poultice till the skin is red (and it reddens in a very few minutes in young children), but never apply leeches or a blister to a child without the doctor's advice.

COMMON COLD AND INFLUENZA.

The best plan to adopt with a common COLD, is to restore the proper action of the skin as soon as possible.

Various methods may be used: for instance, a person feels that peculiar warning, which makes him say, "Now I'm in for a cold, I feel it coming on—headache, chilly, creeping feeling of the skin, and a state of miserableness generally." If he can manage it, let him go at once and take a Turkish or common vapor bath. Or if he can spare the time, let him go to bed, take ten grains of Dover's powder, with a little sugar, put a large hot bran or oatmeal poultice all over his chest, and in an hour after the powder take a pint of hot tea, or thin gruel, and put on an extra blanket or two. The next morning he should be well rubbed all over with a coarse towel, and take a Seidlitz powder or a large teaspoonful of Epsom salts, either of them, in warm water. But suppose it comes on when business must be attended to. Let him put on an extra quantity of clothing, drink a pint of hot tea, and take a quick walk till the skin is quite damp with perspiration, then cool down gradually. If a person has cold, not very bad, but what is called "hanging about them," a pint of cold water at bedtime, and a little extra bedclothes, will be an excellent remedy without any medicine. But whichever plan you adopt, do not half do it; if you are obliged to

give way, do it thoroughly, stay in bed from twelve to twenty-four hours, and give the cold a check. If you are compelled to go out, put on plenty of clothing, work hard at your business, and bustle about as much as possible.

INFLUENZA.—I do not know any complaint which produces such depression of spirits as this. I have had strong, able men, such as “navvies,” who work out in all weathers, come and ask me if they were likely to die soon, they felt so “down.” Any one attacked with Influenza should give up at once, remain in bed, and encourage perspiration by every means in his power. If it can be had, the Dover’s powder should be taken, as in common colds, and repeated if needful, and either with or without this, I have found the following preparation of milk very useful. It is called wine whey, made by putting two wineglassfuls of white wine and one teaspoonful of vinegar to a pint of milk; simmer it very gently so as not to break the curd, then strain and sweeten. If you are in the country, get the whey direct from the dairy. If you are not able to get wine, use rum in the sweet milk. There is no objection to the use of a little spice to give an agreeable flavor. Either of these may be given in divided quantities very frequently, and are generally very pleasant to the patient.

FITS.

Fits in children generally arise from teething, worms, or some other substance irritating the stomach and bowels, or from something wrong with the brain. Supposing a fit has come on, and you have no physician at hand, apply cloths dipped in hot mustard and water or turpentine, to the feet and the lower part of the legs till the skin is quite reddened, and cold water to the head. While doing this, have one, two, or three teaspoonsful of syrup of ipecacuanha, or mustard and warm water ready; watch for an op-

portunity, and get a sufficient quantity swallowed to produce vomiting. When this is over, the child will most likely take a long sleep. When you are sufficiently calm after your painful task, for it is very painful to see a little one in such a state, it becomes your duty to endeavor to find out the cause, and so, if possible, prevent a return. If it be the teeth, lancing the gums may be needful; if from the stomach, a purgative dose; if from worms, the treatment as given in page 97. But perhaps the brain is at fault. You should therefore procure the best advice you can, and do not take the responsibility upon yourself. But if away from medical assistance, a great deal can be done by keeping the brain free from excitement, strictly attending to the digestion, and carefully guarding the child from eating any of the numerous articles called "trash," which they seem to eat for no earthly reason but that they are not fit for them.

In adults, you will meet with apoplexy, epilepsy, and other seizures. In nearly every case these are so sudden, that it is not possible for you to procure a doctor; and, therefore, it is all the more needful for you to have an answer to the question, "Can I do anything? and, if so, what is the best thing to do?" Well, then, the best thing you can do, in a fit of any description is, first, to loosen the clothing, stays, collar, necktie, cap string, or whatever there may be. Suppose it be **APOPLEXY**. In many cases this is so quickly fatal that your services will be useless; but, if not, you will find the face flushed—nearly purple, the breathing labored, like very deep snoring; and all power gone from the limbs. After loosening the clothes, raise the head and shoulders well up, but be careful not to bend the neck forward on to the breast. Apply cold to the head, and warmth to the feet. If you know that the person has taken a meal shortly before the attack, give mustard and water, or any other emetic at hand. After this has oper-

ated, a dose of purgative medicine or an injection. If a sufficient quantity of fluid cannot be swallowed, and you cannot excite vomiting by tickling the throat, etc., get from the apothecary two drops of croton oil, on a small bit of sugar or butter, and put it on the tongue, and, if possible, get it swallowed; if you be away from an apothecary, or have not the oil, you must wait till you can give some ordinary purgative. Any person, with a stout habit of body, or short neck and florid, crimson countenance, should carefully avoid all descriptions of food likely to disagree with him, and never eat a heavy meal, particularly near bedtime.

IN EPILEPSY you have convulsive working of the muscles of the face and limbs, and also very frequently biting the tongue—quite different from the stupid, heavy, drunken-like state of apoplexy. All that you can do during the fit is to protect the patient from injury, and get a piece of india-rubber, a towel, or handkerchief, between the teeth, so as not to stop the breathing, but to protect the tongue. After recovery, endeavor to find if possible the cause, and let that, whether it be particular kinds of diet, occupation, or excitement, be abstained from. Sometimes a simple remedy, such as tying a bandage tightly round a leg or arm, will prevent an attack; but generally the seizure is too sudden to allow time for anything to be done. The cause and treatment of this sad complaint are far beyond the limits of this little book, and the remedies are such as ought not to be used, excepting under the watchful care of a physician. All that you can do is to guard your patient against injury, and to avoid the cause—if you know it.

MISCELLANEOUS.

ULCERS OF THE LEG.—It is not an uncommon thing in country districts to find persons who have been afflicted

with ulcers for a long time. They will tell you that they have poulticed with nearly every herb that ever grew, and used ointments made of almost every substance which can be found either on the earth, or in the earth, or in the waters under the earth; yet they never show the slightest inclination to heal, but gradually become worse, till at last the constitution breaks down under the constant irritation, the drain, and the loss of exercise and sleep.

No dressings will ever heal them without proper support. Cut strips of sticking-plaster, so long that they will nearly, but not quite, meet round the leg, and as broad as two fingers. See that the parts are clean and dry; warm the plaster, take one end of it in each hand, fix one end on the sound part, pull the plaster down hard and tight across the wound, and see that it does not slip; begin at the bottom, two inches below the wound, and go up to two inches above it, letting the edge of each piece overlap the one below it half an inch, exactly like slates on the roof of a house. *Then put on a bandage, rather tightly, but evenly, from the toes to the knee, and let the leg be kept up.* The plasters must be changed once a week, or oftener, as soon as they become loose or offensive, but not before. Never touch this or any other sore, when it is healing, with a rag, but pour the water on to it.

The secret of curing these obstinate places is in giving support by the plaster and bandage. To do this the plaster must be pulled tight across the sore.

BOILS AND CARBUNCLES are considered to show poverty of the blood, and should have a good diet, by which, however, I don't mean rich food, to cure them. But a boil, however painful, is not dangerous, and seldom requires more than a poultice, or a plaster of resin ointment, or the old-fashioned but excellent soap and sugar. A boil is a single lump, containing either soft matter or a harder substance called a core. When this is discharged,

the place heals up, and the person feels little the worse. A carbuncle is a much larger sore, sometimes two or three inches wide, composed of cells like a honeycomb. The nape of the neck is a very frequent spot for one to appear. They are most painfully sensitive; the patient dreads the slightest touch, or even breathing upon it. If you meet with a case of this description, seek advice at once, and, in the meanwhile, poultice and give the best diet you can.

WHITLOW OR FELON.—Though in itself a small affair, there are few things which cause such suffering, and which are so neglected and allowed to have their own way. Surgeons are constantly meeting with people who have lost bones of the finger or thumb, and have stiff joints from this cause. At the commencement great relief is sometimes obtained by soaking the part in the following mixture: take half a gill of strong vinegar, and dissolve in it a tablespoonful of saleratus (carbonate of potash). Let it be used as hot as can be borne, and repeat as often as the pain returns; but if matter be formed there are two ways of treating it; one by allowing the matter to destroy the parts and find its own way out, generally around the nail; this takes from two to six weeks of severe suffering; the other is by making a small opening down to the bone to allow the matter to escape, which takes one moment to do, gives relief in an hour, and can be done without giving any pain. It is a great pity for any one so to fear the very slight operation as to lose the use of a thumb for life, and if near a surgeon or a public institution there is in the present day no excuse. In either case a poultice must be constantly applied.

IN-GROWING NAILS.—Some people are much troubled with the edges of the nail of a toe cutting into the flesh. The cause is, pressure on the nail, which is strong and round, so that the edges are driven directly downwards.

Take a bit of broken window-glass, and scrape the arch of the nail, till it is so thin and weak that it cannot resist the pressure, and as a natural consequence, it will flatten and become wider.

BED SORES.—Perhaps many persons will be shocked when I tell them that scores of people die, when long confined to bed, not of the disease or accident, but of sores caused by neglect; and in numbers of cases neither patient nor nurse has any idea of what is going on. Particularly in fevers, the patient's mind is not in a state to complain of a slight pain, therefore such sores must be sought for by the nurse, and prevented. They generally form about the bottom of the back, and about the hips. The constant pressure of the body causes a slight redness at first, and if attended to then the mischief may be stopped; but if allowed to go on, the part dies, and leaves a sore which too frequently takes away all chance of recovery. Examine carefully every day, bathe the parts with spirit and water, and take off the pressure, first by altering the position, if possible, and secondly, by making little pillows or pads, and placing them so as to bear the weight. The india rubber air cushions and rings are the best for this purpose. Unless you do this, all treatment you can adopt will be of no avail.

TOOTH-ACHE, EAR-ACHE, PAIN IN THE FACE.—Fill the ear on the painful side with laudanum, and plug it with a little wool or lint. To do this properly the person should lay the head on a table with the bad side upwards; you need not fear putting too much in, it will do no harm. First warm the laudanum, by letting the bottle stand for a few minutes in warm water. Laudanum will not cure tooth-ache when the tooth is decayed, but it will frequently give relief and a good night's rest, till you can have it properly attended to.

THINGS IN THE EYE.—Bits of cinder, insects, chippings

of metal or stone, frequently get fixed in the eye, generally under the upper lid. Shut the eye, pass a bodkin under the lid, press gently upon it with your finger, and pushing outwards, against the lid, with the bodkin, sweep the little nuisance into the inner corner of the eye. In steam-vessels, where cases of cinder in the eye are constantly occurring, I have found this plan almost always succeed. If you have not a bodkin, you can use the head of a smooth pin, or any small, smooth article; or pull the lid away from the eye, put a little slip of writing paper under the lid, press gently upon it and draw it away. Simply lifting the upper lid away from the eyeball by taking hold of the eyelashes and drawing it down over the lower lid will often suffice. Sometimes a small chipping of iron gets fixed on the ball of the eye, and engineers are often very expert in removing them with the point of a penknife. But if you can get a good magnet, it will draw away the chip of iron without any risk of injuring the eye. It will be safer however to go to an oculist for such cases.

THINGS IN THE NOSE AND EAR.—Any one accustomed to children, knows how apt they are to push small articles, such as peas, beans, and pebbles, into these places. If in the nose, take a pair of small pliers, or a pair of scissors with blunt points; put the points into the nostril, and then open them gently, across the face—you will be able to stretch the nostril without giving pain; at the same time, put the finger above the substance and press it downwards—not the finger and thumb, so as to pinch the nose. If this does not answer, draw out the scissors and tickle the inside of the nose, or give a very small pinch of snuff, so as to make the child sneeze. Syringing with warm water is the best and the only safe way for you to use to remove such things from the ear. If that fails go to a surgeon at once. Peas and beans are of more consequence than stones or metal substances, for they soon swell with

the moisture and warmth of the place. I have myself known a pea left in the nostril of a poor neglected child till it began to sprout; fortunately by that time it had become so soft that it was easily broken down and removed, and the ulcer prevented coming through the side. In case of any insect getting into the ear, fill it with oil, and the insect will die immediately.

CHOKING.—Bits of meat or bone—particularly fish-bone—become fixed in the throat, and according to the size, produce either suffocation (choking) or troublesome tickling cough.

Treatment.—If the person be choking, give a smart slap with the open hand between the shoulders. In nine cases out of ten the sudden compression of the air in the chest will shoot the substance out of the mouth; but if not, look into the throat, and see if there be anything you can reach with your finger and thumb or a large blunt-pointed pair of scissors, and pull it out. If you do not succeed in this, take a silver or pewter tablespoon, bend it a little, and push it down the throat. Keep quite to the back of the throat, and you will do no harm. If there be a doctor near, send to him. But this is a case which admits of no delay, and the life hangs upon your coolness and quickness of action.

If it be only a small substance in the throat, and the person can swallow, give plenty of bread or potato and a drink of water after it. If this is not sufficient, give a teaspoonful of mustard and warm water, or any other emetic you have at hand; and after the person has vomited, you will generally find it all right. If you do not succeed, send for a surgeon.

SUNSTROKE.—This is a sudden prostration due to long exposure to great heat, especially when one is much fatigued or exhausted. It commonly happens from undue exposure to the sun's rays in summer, but I have seen the same ef-

fects produced in a baker from the great heat of the bake-room. It begins with pain in the head or dizziness, quickly followed by loss of consciousness and complete prostration. Sometimes, however, the attack is as sudden as a stroke of apoplexy. The head is often burning hot, the face dark and swollen, the breathing labored and snoring, and the extremities cold. Take the patient at once to a cool and shady place, but don't carry him far to a house or hospital. Loosen the clothes thoroughly about his neck and waist. Lay him down with the head a little raised. Apply wet cloths to the head, and mustard or turpentine to the calves of the legs and the soles of the feet. Give a little weak whiskey and water if he can swallow. Meanwhile let some one go for the doctor. You cannot safely do more than I have said without his advice.

PEOPLE BEING FROZEN.

Whether the whole body or only a part is affected, the principle of the treatment is the same.

Avoid a sudden change. If a person be found quite benumbed with cold, if you take him direct to a fire you may perhaps destroy life; a barn, a shed, or a room, which feels very cold to you, is warm enough at first. Remove the clothes if wet, and rub the body dry, put him into blankets, and give a little warm wine and water, or weak spirit and water, or tea; after a while, remove him to a warmer room, but still not near a fire, and so gradually increase the warmth.

If you should ever be so situated in intensely cold weather as not to be able to reach a place of shelter, and find your strength failing, look out for a snowdrift on the side of a hill away from the wind; or if on a plain, try to find a hollow filled up with snow; scrape a hole large enough for your body and creep into it, then you are comparative-

ly safe: the snow will shelter you from the wind and keep you warm. Human beings and sheep have lain for days in this way, and been saved. But never forget the first warning of danger. If you feel a desire to sleep, and give way to it in the open country, it will be the sleep of death; you must keep in motion, however painful, or perish.

But there is another effect of cold, which is generally caused by standing or walking against a very cold wind, which is called being *nipped*. I have seen a person suddenly seized with great pain in the bowels, drawn together with cramp, the hands so swollen as to require the gloves to be cut off, and with intense headache. The same treatment answers: gradual warmth, very small quantities of warm stimulants, and, after a while, hot flannel to the painful parts.

FROST BITES attack the extremities and projecting parts of the body, hands, feet, nose, ears. They are frequently so rapid and free from pain, that a person is not aware of anything being wrong. In Canada, when meeting a friend in the street, I have both given and taken the caution, "Mind your nose, sir, it looks whitish." The blood, you know, when warm, is fluid, but when it is cold forms a solid clot—and you also know that when water or other liquid freezes, it expands, and so breaks water bottles and jugs, and it also becomes lighter. Now, precisely the same thing takes place in frost bites; the blood in the part gets cold and runs slowly, then stops, all the little blood-vessels are choked and swollen, you apply heat and burst them, causing dreadful suffering and troublesome wounds; or if you do nothing, the circulation is quite stopped, and the part dies or mortifies.

Treatment.—Keep the person away from all heat; if you can, get clean snow and rub the parts constantly with it; or if you cannot find snow get the coldest water. Let

the patient himself rub if possible, for the exertion will keep him sufficiently warm. You must continue this rubbing for hours in severe cases, till you get the parts quite soft, and something near the natural color. You must not allow any complaints or feeling of compassion to stop your rubbing, or to cause you to bring him into a warm room. Put on extra clothing, or let him have a run for a minute, but do not come near a fire. After you have done this, anoint well with sweet oil or lard, or lime water and oil, and wrap up well with flannel.

If you should have any sores, dress them the same as burns. We had one case on board a steamer, which happily caused more amusement than suffering. The men were busy in the very dirty employment of removing ashes. One of the engineers, being off duty, had dressed himself in his shore clothes ready for a walk. After standing some time talking, one of the men noticed the white patch on his cheek, and instantly gathering a handful of snow, commenced rubbing vigorously. In his eagerness to benefit his friend, he had forgotten the state of his hands, till the snow began to melt, which gave a extraordinary mottled black and white look to the engineer's face, and little ink-like streams trickled down his best clothes.

CHILBLAINS are in truth the same in every way as frost bites, but in a milder form. They are more troublesome than dangerous, though in persons of weak circulation, or if neglected, they cause sores which last through the winter.

Prevention is better than cure. The only way to prevent them is to wear warm clothing on the hands and feet, keep up the circulation by exercise, and above all things not to bring them suddenly from cold to great heat. This is the whole secret of prevention. When they are formed, but not broken, rub well two or three times a day with equal parts of turpentine and laudanum,

or equal parts of camphorated spirit and soap liniment, or sweet oil and spirits of turpentine, or with an ointment made of a teaspoonful of dry mustard and an ounce of lard. Any of these are good, but if the skin be broken do not use them, but dress them just like a sore after a burn, or with the old-fashioned but excellent application of chalk and tallow; but it is not safe to use the grease of candles, as chemicals are so much used in making them, but take a little mutton tallow, melt it and while warm mix it with whiting till it is a proper thickness for use. Either of these will give almost immediate relief.

BATHS, BATHING, ETC.

Among these miscellaneous hints I may say a few words about BATHS and BATHING. Cleanliness not only helps the doctor, but would often prevent the necessity of sending for him. "Cleanliness is next to godliness" is a very old saying. To speak of a dirty Christian seems a contradiction. It is better for the body, better for the soul, and better for those around us, to be clean. I do not mean to find fault with the small particles of what a man works amongst which clings to him, such as coal to the collier, or iron-flings to the smith. That is not dirt, but merely the livery of his trade. If you reside in a large town you can have a bath for a trifle; but if not, have a good scrub down or a swim whenever you have the chance.

COLD BATHING should not be used directly after a meal, nor when you are wet with perspiration, nor without advice when you are ill. As soon as the bather begins to shiver, or the nails turn blue, it is time to stop. Always wet the head first, or as quickly as possible before the feet get cold. In every case rub the skin after bathing till it is warm.

THE SHOWER BATH can be easily made by pouring water through a cullender held above the head by another person. But do not use it without advice, for it is a powerful remedy.

A VAPOR BATH is very useful in cutting short an attack of rheumatism or severe influenza cold; and if applied early, may prevent weeks of suffering, especially in grown-up people, and where there are no conveniences for a warm bath. Have the bed and body-linen ready, warm; lay a bit of carpet on the floor; let the patient sit on a chair with a wood or cane bottom; fasten a large blanket round his neck, to reach well down to the floor; place a bucket, two-thirds full of hot water under it; have ready two bricks hot in the fire; put one into the bucket, and cover the patient well up with the blanket, like a small tent; let no cold air get in; if needful, put in the other brick, and in a short time you will have the skin streaming with perspiration; rub dry with hot towels; put on night-clothes, and then get to bed.

A WARM BATH FOR A CHILD (NOT AN INFANT).—Fill a tub two-thirds full of warm water, so as not to flow over when the child is put in, and wrap the child in a small blanket—keep this on while in the bath to protect it from draughts of cold air. Mothers who have not tried this plan have no idea how it takes away fear from a young child, and adds to its comfort. In trying the heat of water, poultices or fomentations for a child, do not trust to your hand, which is hardened by exposure and work; but to some part more sensitive, such as your arm or cheek.

USEFUL HINTS.

In any complaint where there is much perspiration do not go directly from a cold or frosty air to the bedside. In **RHEUMATIC FEVER** the skin of a patient is particular-

ly sensitive, and you may cause a chill which may have a bad effect; better wait in another room for a few minutes. There is no complaint which requires so much gentleness as this. A person in health can form no idea of the suffering. There is not only racking pain in every joint, but a dread of being touched, or of the slightest breath of air. Even when not within three or four feet of the patient, he will cry out to you not to tread upon him. The banging of a door, shutting a window down violently, letting anything fall,—all sudden noises must be carefully guarded against.

IN CHANGING THE DRESS of a patient suffering from rheumatism, or any sore on the arms or upper part of the body, there is often great and unnecessary distress caused by getting the arms in and out of the sleeves of the shirt or night-dress, or even a chemise, when fitted closely to the chest. If the nursing be likely to continue long, it adds very greatly to the comfort of both patient and attendant, to cut open the sleeves and one side of the garment, and put on small strings of tape, just as is done with the sleeves of a man's coat when an arm is broken, but nearer together. Generally with a long sleeve the wristband may be left uncut, and the garment not opened lower than the waist, but this must be determined by the requirements of the case. In cases of extreme debility, where it is not safe for the patient to be raised even for a moment, all risk and inconvenience may be avoided by cutting open both the dress which is in wear, and the fresh one, and lifting the patient on to it just as is done in changing the bed-clothes. This plan does not destroy or injure the clothes in any way, it is merely the seams which require to be ripped, and they can be sewn again for ordinary use.

Any one who has seen LEECHES used knows how difficult it is sometimes to get them to bite readily; and the

old nurses can tell you how they seemed to be possessed with a spirit of contradiction. They will either refuse to bite at all, or will fasten anywhere but on the desired spot. All sorts of instructions are given in books, but most of them are useless. A leech partakes to some extent of the nature of a fish, that is, it lives in water; and therefore, instead of holding them in a warm hand or a dry towel, act in this way:—First wash the place perfectly clean, then put your leeches into a wineglass, and fill it with water; put a piece of paper over it, turn the glass upside down on to the place where you want them to fix, and draw the paper away; you will find now that the leeches being in their native element, are cool and comfortable, and will settle instantly, thereby saving a great amount of vexation and loss of time. As soon as they have taken hold, place a towel round the glass to soak up the water, and remove it. In this way you get them exactly where you wish, either all on one spot or distributed over a larger space, by putting on only one or two at a time. If you require one on a very particular spot, for instance, close to the eye, and have not a proper leech-glass, put its tail first into a small narrow phial filled with water. Where they have to be used inside the mouth, nostrils, etc., it is better to pass a needleful of thread through the tail to hold by; it will not prevent them biting; and if one should be swallowed, drink a little salt and water, which is poisonous to them. Leeches are always expensive, but with a little care they need not be destroyed. When they come off do not dip them into salt; put them into a large jar of water, with an inch or two of turf or garden soil; change the water every day for the first week, then once a week will be sufficient; in this way they will clear themselves and recover. Any dead ones must be removed, or they will spoil the water and destroy the others.

There is a secret in HANDLING A BROKEN OR SORE LIMB. Never take hold with the points of the fingers as if you were afraid of it, and keep your patient in fear lest you should let it fall. Take a firm grasp, let the limb rest on the palm of your hand, and support it with your thumb and fingers. All shaking, nervous handling of a limb is misery to the sufferer. In the case of bones being broken, it is better to place one hand below and the other above the fracture to keep it level. For these and many other cases you require what surgeons call a



cradle to support the weight of the bed-clothes. Any handy man can make one with two straight pieces of wood, and two or three hoops off a flour barrel.

Some people are very subject to SORE THROAT, and where it has once happened, a slight cause is sufficient to bring it on again, and if neglected it frequently runs on to ulceration. You may almost always check this, if at the very commencement you apply a wet bandage in this way: Take a piece of linen or calico the breadth of four fingers and three or four feet long, dip this into cold water, then squeeze it gently and apply it round the neck, cover with a fold or two of flannel or a woollen stocking, and let it be kept on all night. And for a gargle you will find the following very valuable:—Put into a jug a handful of dry sage leaves, two tablespoonfuls of salt, four tablespoonfuls of vinegar, and one teaspoonful of cayenne pepper; pour upon these a pint of boiling water, cover up close, and after standing half an hour, pour clear off through a bit of muslin into a bottle.

I wish now to draw the attention of all who are trying how to help the doctor, to the subject of the FIRST WALK after serious illness. This is a far more important matter than it appears to be. It would be quite safe to say, that in ninety cases out of every hundred it is

overdone, and the patient made worse instead of better, for the very simple reason that there is no thought of the fatigue of coming back again. The usual plan is for the patient to walk away from the house till he feels tired, then turn towards home, where he arrives faint and exhausted. Never forget this simple truth: every step taken by an invalid after he is fatigued does injury. Therefore, when you are out with a patient for the first walk, instead of saying to him, "Do you feel tired now?" say, "How tired will you be when you have done this over again?"

When a patient is sufficiently well to sit up in bed, a shawl is very inconvenient. The ends dip into the food, and are constantly irritating the patient by getting on to the bit of work going on. Then, again, it must be either fastened so tightly round the body as to confine the arms, or if they are used, it must be raised so that both they and the chest are exposed. Instead of this, I would strongly recommend an article I have for many years used amongst my own patients, that is a flannel jacket, made very loose about the shoulders and arms and to button from the neck down the front and at the wrists. The neck and wristbands should be lined with silk or other soft material so as not to chafe the skin. Let there be two good pockets, one for the handkerchief and the other for the spectacles, eye-glass, pencil, thimble, and other small things which are always going astray. The season of the year, the kind of room, and nature of the illness, will guide you as to the warmth, and your means as to quality. This is quite a distinct thing from the common long dressing-gown used when a person is out of bed. If you use quite new flannel, it should be well washed with hot water and soap before being made up, or the smell may be very offensive to a person confined to bed.

Scarcely a week passes without some life being lost by

having either WRONG MEDICINE given or an improper dose, or some liniment, lotion, or poisonous disinfecting fluid, instead of medicine. And therefore, in every case where you undertake to help the doctor, see that the labels on the bottles are distinctly written, and that you know without any doubt which is to be swallowed. It is too late after an accident to say you did not understand. If, unfortunately, the helper cannot read, let her learn by the smell which is the *rubbing bottle*, and keep it separate from the medicine. If any medicines be left when an illness is over, let them be destroyed. I do not mean simples such as you make yourselves, but powders, mixtures, and other things sent from the apothecary's. It is quite right to be economical, but not in these matters. I once knew a lady of a saving turn of mind who used to say, "Physic is physic, and if it does good to one, why not to another?" and when any fresh case of sickness occurred would insist upon the old stock being used up before buying any more. I need scarcely point out to you the folly of such conduct. Supposing you could ensure it being good, which you cannot do, for even exposure to light will alter some drugs; you could not tell if in any particular case it would be suitable; or if the label be rubbed off and you merely guess at the quantity to be given, you may commit a serious mistake. Let all bottles which have contained mixtures be emptied and both them and the corks washed carefully with hot water and a little soap, then dried and put away for future use.

Particularly ought you to be cautious not to leave them in the way of children; and never trust to their being safe because of having a disagreeable taste. No one would suppose there was anything tempting in the flavor of a common lucifer match, and yet we have had several cases of poisoning by children sucking the ends of them. Only a few days before this was written, a boy who had

frequently watched his mother administering physic, caused the death of his younger sister by giving her a tea-cupful of turpentine, and another has lost his own life by drinking sulphuric acid. When following out the directions of the doctor, be particular even in what you may consider little things—little only to you, remember, because you do not see the reason for them. For instance, he will direct you when giving some powders to mix them with sugar and not with preserve, because he knows that the acid in preserve would destroy the medicine. In another case he will direct you to keep from your patient all bread, and almost every description of vegetable—to feed him almost entirely on animal food. You will think this very unnatural—true, it is so—but so is the complaint, and requires an unnatural diet; and in this particular disease, the chance of recovery depends not upon drugs, but on the faithfulness with regard to diet in those to whom is entrusted the important question of how to help the doctor.

CAUTIONS AGAINST COMMON ERRORS.

I find a very common error amongst ignorant people is to suppose that all medicine ought to act as a purgative, that is, to open the bowels; indeed, they cannot believe that it is likely to do any good if it does not do so. I remember once seeing a patient with a severe chest complaint. The doctor, who had seen her before, remarked that she was very much better. "Indeed!" said her mother, "I don't see what could make her better, for the pills you ordered have done nothing."

I mention this for two reasons: first, that this is quite a mistake, for in many cases it would take away the patient's chance of recovery; and, secondly, to warn you against the foolish, expensive, and injurious habit many peo-

ple have of taking quantities of aperient pills and other drugs. Few of you are aware of the number of lives lost by strong, hurtful medicines. I have myself seen a man die, after being a few hours in the hospital, whose history is worth recording. He told us, that when he first felt ill, he read a description of some wonderful pills, which were to do great things for him; he took at first only two at a time, but soon found that he was obliged to continue taking them, and constantly increasing the number, till, when I saw him, his regular dose was sixteen pills every second night. By that time nature could stand against the abuse no longer, and he died.

Some years ago I met with an educated lady, who recommended some pills very highly, and as she expressed it (and thereby let out the secret), "Indeed, I could not live without them: I have used them for a long time, and now take forty-two twice a week regularly!" If you read carefully some of the advertisements of these wonderful quack medicines, you must see that they cannot possibly be true. According to them all diseases arise from one cause, and if you only take their medicine you will soon be in perfect health; in other words, you need never be ill, and never die but of old age. In some new countries where the inhabitants are very widely scattered, and no doctor can be found within a day's journey, there may be some excuse for buying what are called patent medicines, but not in any part of the country where good advice may easily be had.

In the same way, never consult a doctor who is obliged to publish his wonderful skill and cures in a newspaper. Depend upon it, if a doctor be clever and understands his profession as he ought to do, people will find it out without any newspaper advertisement.

It is astonishing how careless some people are in taking dangerous medicines. I was once called in to a gen-

tleman, forty years of age, whom I found lying on the floor in a most pitiable state, vomiting, purging blood, with fearful cramps and pains. I could obtain no information as to the cause of attack; he had been at the office as usual, and walked home a distance of three miles. After adopting suitable treatment for several hours, I left him very much relieved, and the next day he was sufficiently restored to give me the history of the affair. He said, "I was in my usual health, but a little bilious, and thought a dose of calomel would do me good. I called at a confectioner's and bought an ounce of calomel lozenges; as I came out I asked, 'what strength?' 'One grain,' answered the lady; so I kept taking them all the way. I had not taken any food since morning. After being at home about two hours, I was seized with horrible pains, and was dying when you came and saved me. That's all I can tell you about it." "Now," I said, "let me see the lozenges you have left." When I examined them I found each one stamped "calomel, one grain." By having the remainder weighed, I found that during his long walk he had eaten fourteen of them. Here is an instance of an educated man filling a high station under Government, taking this frightful quantity of a powerful drug without first ascertaining whether each lozenge was sufficient for a dose, or whether the whole ounce was to be taken, which he SUPPOSED was the case.

Have full confidence in your doctor; never attempt to deceive him, for he is almost sure to find it out, and will certainly not respect you for it. Do not be content with simply telling the truth, and nothing but the truth, but tell him the whole truth. I once asked a lady, who had then only two more days to live, what quantity of brandy she took in a day. She said, "Three wineglassfuls;" this was the truth, and nothing but the truth, but it was very far from being the whole truth, for she had thirteen!

Do not forget that you are infinitely more obliged to the doctor for spending years of toil and study, for leaving his home at all hours, and exposing himself and family to the danger of infection, than he can be to you. Even though you should not be in a position to pay him in money, yet you can cheer him on his way by showing him a thankful, grateful spirit.

We are told in the Bible that "the spirit of a man will sustain his infirmity;" be careful, then, to do all in your power to keep up that spirit: be cheerful, be hopeful, be trustful. Let your motto be, "Never despair," for in most cases while there is life there is hope. Give the patient every opportunity of recovering by following out all the directions of the doctor, not only by doing and giving, but what is far more difficult, by not doing and not giving, but each in its proper place.

HOW TO HELP WITH AN INFANT.

A babe in a house is a well-spring of pleasure, a messenger of peace and love. The young husband walks about with his head some inches higher than usual, and feeling proud and big with his newly-acquired title of *father*. The young wife is smiling through her tears with the joy of having become a mother. Baby has arrived, exactly like its mother, and the very image of its father, and the doctor says "It's a bonny little thing, sound wind and limb," and he hopes it will be a comfort to them.

Now what are we to do with it, the most helpless of all young creatures? What is done with it every day? First it is washed, then some spirits is rubbed on its head, one or two caps, and perhaps some flannel are put on, and it is dressed. Then, of course, it must begin life by taking some sort of physic, either castor oil and sugar, or butter and sugar made into a thick paste; shortly after

this it is laid on its back, and some gruel is poured down its throat, and it is put to bed: but alas! not to sleep. In a little while it begins to cry, and it is so uneasy that something has to be given to make it sleep, or there will be no rest either for itself or others. If it has been sufficiently crammed, and unfortunately has not been sick, it is very likely to have a convulsive fit, and after a hard day's work the doctor will be roused out of bed to find it suffering misery from all this interfering with nature, or to find it already gone where thousands of infants have been sent before it. Now all this is an abomination: it is ignorance and cruelty, and it does not make it one whit less so for the helper to say she did it out of kindness: it is inflicting pain upon both mother and child when there is no occasion for it.

Now let an old physician, who loves children and has watched over hundreds of them, plead for these helpless little ones. Let me tell you a few plain truths. There is no oil nor any other medicine needed for an infant that has a mother to suckle it. The first supply of milk is purgative, and quite different from what comes afterwards. No infant requires food the first twenty-four hours; no infant ever died for want of food the first day of its existence, but hundreds have died from over-feeding. And I need not say give no spirit or soothing mixture, for if you do not abuse its stomach, but have faith and leave it to nature, you will not require any.

As to the dressing, there is almost always sufficient notice for you to prepare the things, and with very little trouble, a few tapes and a needleful of cotton, you may do away with the dangerous practice of using pins. You will, perhaps, think this caution not required, but if you had seen as many torn limbs and deep scratches in an infant as I have, you would not think so. Only this last month there was an instance of a child who was very rest-

less and uneasy, and who would, if a little older, have been scolded and punished for being cross, and on careful examination a broken needle more than an inch long was found in its side, which would have gone through had it not been turned aside by a rib, and there it had lain for a month. No. Wash the little stranger with lukewarm water and soap, and dry the skin well, use no spirit, fasten the clothes on not too tightly with strings or a needleful of cotton. It is better not to have any cap, for the border is very apt to tickle and rub the face; but if you must have one, let it be as thin and light as possible. *Give it nothing*; or if you cannot resist the temptation, let it have occasionally a teaspoonful of milk and warm water not too sweet, till the proper supply comes; but no oil, no butter, no gruel, no spirit, no mess of any kind, but with its body clean and its tiny breath sweet and pure, lay it in its proper warm nest, the place which God has appointed for it, and child, mother, and nurse will have a calm, quiet sleep, such as all the drugs in the world cannot give, but which you may almost always enjoy, if you will exercise good plain common sense when you are trying how to *help* the doctor.

It is quite possible that as the infant grows, particularly if it be what the nurses call "a hungry child," it may require a little artificial food, for if it drains off the nourishment from its mother's breast so constantly that the milk has not time to be properly formed, it becomes thin and watery. The consequence is that it passes almost directly through the stomach, and the child is never satisfied. This comes very hard upon the mother. In this case it is better to help both mother and child. I do not know any thing so good for this purpose as biscuit powder, which you can get ready ground at the flour dealer's, or if not, all you have to do is to get a good sound common biscuit without any butter or flavor of any kind. If

you are near a seaport town, the captain's biscuit is exactly what you want. Rub a bit of this fine and simmer it in water till quite smooth, than add milk till it is the thickness of good cream, and sweeten a little. If you give two or three teaspoonfuls of this just before he takes his natural food, it will give it sufficient body to be satisfying, and do the child no harm. I prefer this to almost any artificial food, and have used it for thirty years; but for a change, bread, sago, arrowroot, and other things may be substituted. It is not of so much consequence *which* you use as *how* you use them, only be guided by this fact—that a child's natural food is milk, and if you give anything much thicker than this, you will do harm.

It is a mistake to suppose that every time a child cries it is hungry. The only way an infant can ask for anything is by crying. It may have pain in its limbs from being cramped up too long in one position, or from a hard crumb, or a pin, or from illness; but as yet it has no power to use words; it can only, by crying, say it wants something, and it is the duty of those about it to find out *what*.

Now allow me to say a few words about *habits*. No one who has actually proved it has any idea how very early in life an infant can be taught a habit, particularly cleanliness, by a slight amount of trouble and regular attendance every day. If any young wife should read this, let me assure her that this is "not one of those impossible things that are all very well in books, but no one ever thinks of doing." Let her only try it, and she will soon be convinced. I have seen infants only a few months old, who gave no more trouble than a child three years old, except, of course, requiring assistance.

About *rocking the cradle*. It is foolish to teach a child to expect you to work at the cradle when it goes to sleep; it occupies time, and does the child no good. The

next habit is even worse, that is, teaching the child to compel you to walk about with it till it chooses to fall asleep, and then to put it to bed without awakening it, which you may try to do five or six times without succeeding, and each time have to begin your walk again. Begin as you intend to go on. Lay it down awake, and if nature requires it, sleep will come, and if not, no rocking will force it; but this must be taught from the very beginning. A healthy infant ought to sleep twenty hours out of the twenty-four, during its first month, which it will do without any rocking, and it is a great pity for you to teach it anything different.

Never give an infant *cold* castor oil, it is too thick and sticky; put it with an equal quantity of milk into a teacup, add a little sugar, and warm it; it will then be quite fluid; stir it well, and the child will take it without difficulty. When a child is cutting teeth, there is always some feverishness and irritation. If the bowels be a little relaxed, do not be in any hurry to interfere; but if this requires to be checked, do not fly to soothing syrup, infants' preservatives, paregoric, or laudanum; they are nearly all dangerous—one drop of laudanum has killed an infant. Try the following simple remedy first, and if it does not answer, consult a doctor: Take a large teacupful of fine flour, tie it up as tightly as you can in a cloth, and boil it for four hours; then hang it up in a warm room till it is dry. You will find now that the outside is quite hard, like the shell of a cocoanut; break some of this off, and scrape out from the inside as much as you require; boil this in milk till it is the thickness of cream, sweeten a little, and feed the child with it for a day or two.

When the teeth are coming through the gums, do not give the child any hard substance to chew, such as coral or ivory, which breaks the enamel off the points and makes them decay; the best thing is india-rubber, which

you can get at the druggists' or rubber shops; before using it the first time wash it with warm water, and rub it over with a little molasses or sugar; you will find this a great comfort to the child, and it is perfectly safe. A child may not need animal food till it has teeth to chew it with, but during the second summer meat is essential to its welfare, and should be given in preference to the starchy things so much in vogue.

A very frequent complaint of infants is the THRUSH or "frog." The mouth is lined with white spots, exactly like fine curds of milk; and though in this stage it may not do the child much harm, it must not be allowed to run on. The usual remedy is borax and honey. A much better one is equal parts of borax, saltpetre, and loaf sugar, rubbed well together; a small pinch put into the child's mouth three times a day. Keep it in a dry place. Or you may dissolve a quarter of an ounce of chlorate of potash in two thirds of a tumbler of warm water and use it as a mouth wash.

A child is during teething subject also to an eruption of small red spots, which the nurses call TOOTH RASH. A few doses of calcined magnesia will generally set this right. When the gums are swollen, very red, and painful, you should let your doctor see them; they may require to be lanced. There is not the slightest doubt that when this is done in proper cases and at the proper time, it will save a child from days and nights of suffering, and from convulsions; but great comfort can be given by simply rubbing the gums gently with a finger and the least morsel of butter, and giving a dose of cooling medicine. If convulsions should occur, put the little one's feet into hot mustard and water till the skin is quite red; give a dose of purgative medicine; apply cold water to the head; and send for your doctor.

Never frighten a child by mentioning the doctor in

any way as a punishment; one would think that a moment's reflection would convince any person of the extreme folly of doing this. How can a physician find out the true state of a child's pulse, or breathing, or the countenance when the poor little thing is trembling with fear? I was once attending a little girl about four years of age, and as usual we got on very well together; but after some days the child would not come to me, but was so nervous and agitated that I could do no good. On making inquiry, I found that her mother had told her that if she did not do as she bid her, the doctor would come and "cut her head off." Of course the child believed her own mother, and therefore no wonder she looked upon me with horror. After a while I succeeded in restoring confidence. I told her I would come to see her when she was ill, nay, even if she had some dreadful fever, when others could not come to her, I would never forsake her, and so on. Young as she was, she very soon discovered that her mother had told her an untruth. Now, instead of holding up the doctor as a bugbear to terrify a child, try to impress upon it that he comes on a visit of mercy, then it will be calm and trustful, and the doctor will have a better chance of restoring his patient to health.

It is dreadful to hear of the abominable cruelty practiced on poor helpless children by the stupid ignorance of some parents. How often do they get a blow or get punished when they ought to have medicine and careful nursing! I say nothing here of the numbers of innocents overlain and otherwise killed by drunken mothers—their name is legion—but from stupidity and want of common thought. Look at this case, which has just been published in the newspapers. A boy is taken into a yard naked, and buckets of cold water poured over him; is beaten every day, kept without food, not allowed a bed to lie

on, chained to a post, and other cruelties, till he is nearly dead. And why? Because he was not clean in his habits. When he was taken to the hospital, it was found that the poor little thing had been suffering for months from a very painful disease, which made it impossible for him to act as a child in health would do, and which without the brutality of his father would have destroyed him in a few days had he not been rescued.

When taking an infant out, and you require to shade its face from the sun or wind, be careful that the handkerchief, or whatever you use, does not touch the face. Few people are aware what a slight thing will suffocate a child if its hands be fastened so that it cannot use them. A very fine child lost its life in this way not very long since. A silk handkerchief was thrown over its face, and the wind blew it against the mouth and nose; so that every time the infant gasped for air, it sucked in the handkerchief still closer, and as it could not cry, there was nothing to arouse its mother, till on her arrival at home she found it dead.

One of the common ailments of children is WORMS. If you notice a child grinding its teeth, rubbing its nose, and otherwise complaining of itching, and the appetite uncertain, your suspicions may fairly be aroused, but the only positive evidence of worms is in finding them in the child's evacuations. They sometimes cause serious illness, which is known as "worm fever." You may prevent this by a little timely attention, without giving them the common worm cakes, and such like remedies, which nearly all contain calomel. For a child about four years old, make a tea as follows:—Get half an ounce of *pink-root* and a quarter of an ounce of senna and of fennel. Put a pint of boiling water on them and give a table-spoonful three times a day.

Do not be anxious to make an infant *stand or walk* too

early. Because one child walks at a certain age, it is no reason why another should; it must depend upon the strength and fitness of the child to do it. When the bones and muscles are sufficiently strong, the child will start of its own accord; and if you force it before this time, you run great risk of having the limbs bent. It is perhaps as well for you to know that there is a disease in which the bones remain soft, and bend under the weight of a child, for years.

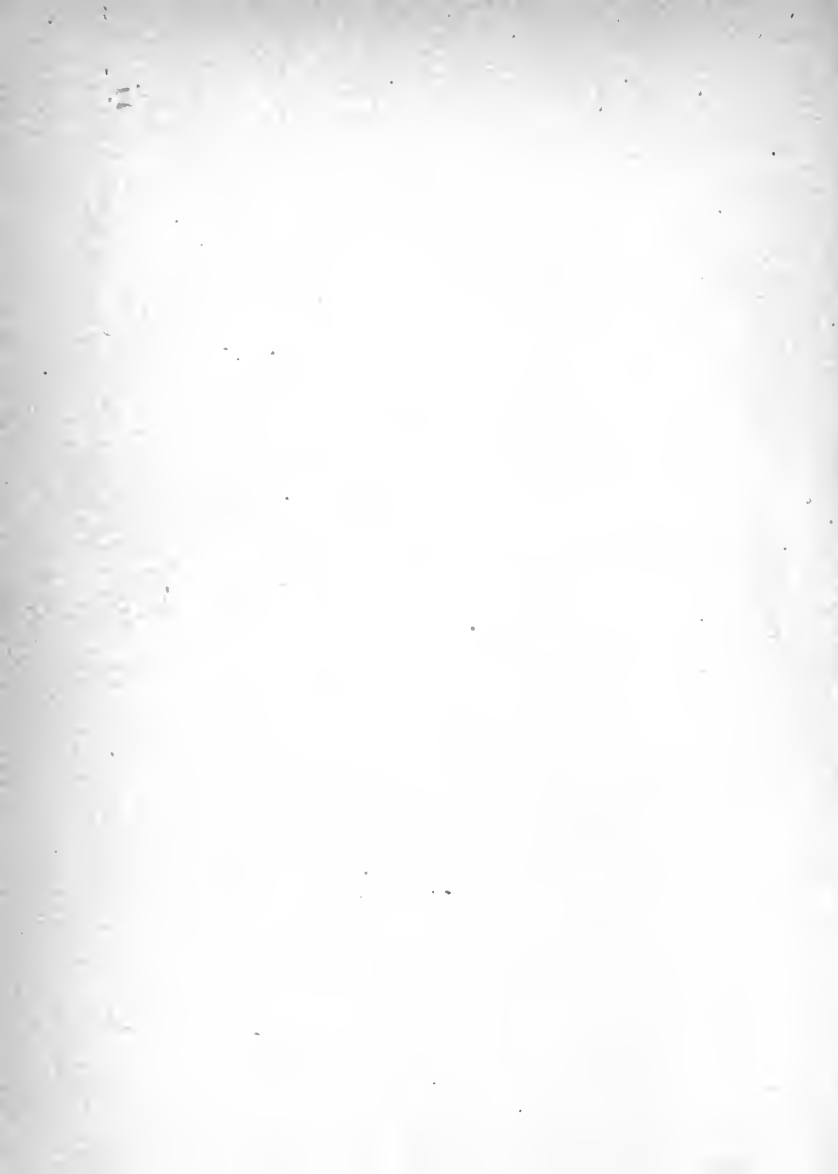
Mothers frequently suffer a good deal of anxiety from a child having *swallowed a marble or coin*; but it is very seldom there are any bad effects. The best plan is to give the food a little more solid than usual, and no purgative medicine. It is very surprising how sharp-pointed articles are swallowed and find their way not only through the stomach, but through the substance of the body till they reach the surface. I have removed a needle from the arm of a young woman, who swallowed it seven years before.

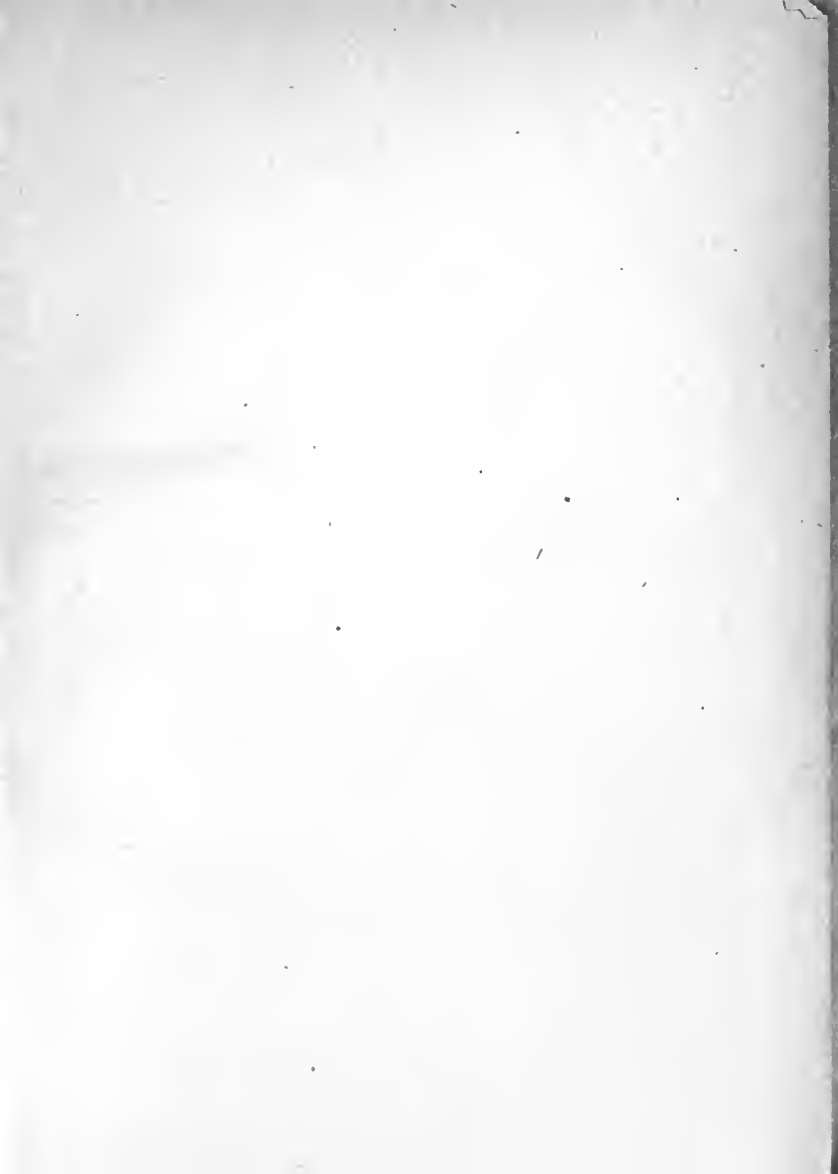
Do not apply a *blister* to a child without advice, and if ordered by a doctor, be particular to remove it at the proper time; if left too long, it may cause serious trouble. Bear in mind that the effect of a fly blister goes on long after it is taken off. If you are obliged to use anything of the sort, mustard is safer and quicker.

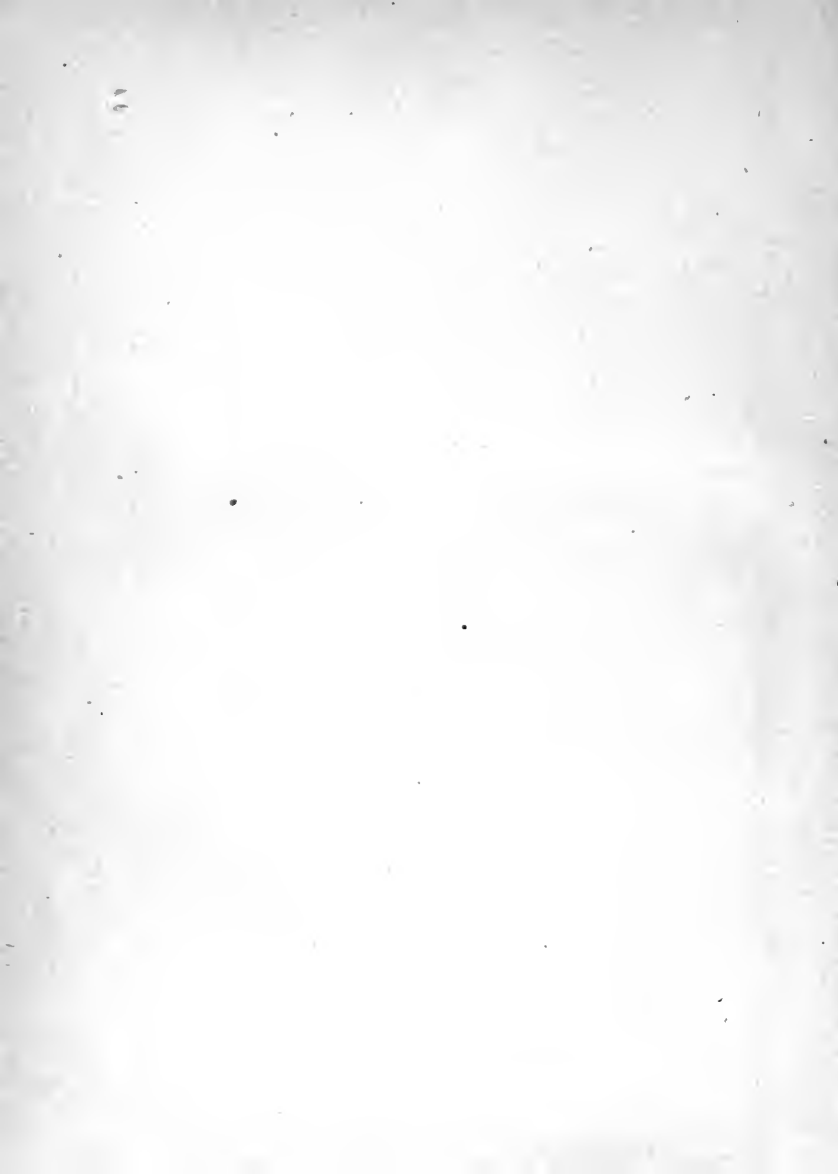
It sometimes happens when people, but particularly children, are ill of some serious disease, when it is at the crisis, or what is called "at the turn," they take some odd fancy in the way of food; they will ask for some articles quite out of the common way, perhaps something which you are not aware they have ever tasted. In these cases I have always found it better to let a child have it, even at some trouble and expense. I look upon it as a craving of nature, for they not only enjoy it, but live upon it for days; then when it has done the particular work for

which it was intended, the child takes a dislike to it, and will not touch it again. There are two cautions to be observed here—first, this must not be confounded with the fanciful appetite of a disordered stomach, where a dozen different things are asked for in the day, and not one of them eaten; and second, it is well to mention it to the doctor who is watching over the child, so that he may suit his treatment to the particular article taken, if he approves of it. One of the cravings of an invalid is for water. I have great faith in water. There is nothing which the most skilful nurse can make which is relished so much as pure, cold, fresh water; and unless there be some especial reason against it, there should be no limit. It should not be brought into the sick room in a large quantity and left there till it becomes warm and flat, but renewed constantly.

Remember that one great difference between a grown-up person and a child is this—an adult has a natural dread of death, and in many cases a far greater dread of the after “death,” and will therefore submit to any treatment, however painful, if likely to preserve life; whereas a child has no fear of death, but has a dread of present pain. When children are not too weak to bear it, we should do all we can to amuse them—a few toys, pictures, a pair of scissors and some paper to cut up, a doll, a slate and pencil, or if there be a pet bird or any small animal, let it come in the room occasionally—anything which will occupy the mind, cheer the spirits, and give the little one the best possible chance of recovery.









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