

youthful torment wetted his feet at the margin of the tide, and gave his opinion with delightful confidence upon matters in general, and shipwrecks in particular. The sunset glory grew brighter and more vivid, lighting up the sombre cliffs and level waste of water, and throwing into sharp relief each black stake of the fishing-nets which dotted the bosom of the broad bay.

It seemed to Wayne that he would like to stand just so for ever—Hetty close to him, he her support and comfort, no one to come between; for Tom certainly did not count for much. Was it not a type of what all their life to come was to be? Crimson glory—Hetty depending on him, his highest happiness to minister to her.

Suddenly into his dream rang a shriek, wild and terrible. The telescope rolled from his shoulder, and splashed into a pool at his feet; and as he turned to catch Hetty's fainting figure in his stalwart arms, with one lightning flash his eye fell where hers had rested,

and saw, in the crowded boat-load just reaching the shore, among the bronzed and bearded faces of the wrecked ship's crew, the face of Hetty's lost lover—his own brother Jack!

Ah! well, well! Wayne behaved capitally, every one said. "Old Don behaved like the brick that he is after all," to use Jack's own expression. He took his brother into partnership, and enabled him to marry Hetty within six weeks—Hetty, to whose pale cheeks the roses had come back, as if by some magic spell. He never married. "Don was an old bachelor before he was in knickerbockers," Jack confides sometimes to his wife.

People say he means to leave all his money to his niece, little Hetty, who has her mother's eyes. And deep in a secret drawer, carefully treasured from prying eyes, lies a withered scrap of weed, which was once a blue cliff-flower, and is all that is left to Huntingdon Wayne of his life's one holiday.

THE BEST ESTATE.

ART thou thine own heart's conqueror?
Strive ever thus to be;
That is the fight that is most sore,
The noblest victory.

Art thou beloved by one true heart?
O prize it! it is rare;
There are so many in the mart,
So many false and fair.

Art thou alone? O say not so!
The world is full, be sure;

There is so much of want and woe,
So much that thou canst cure.

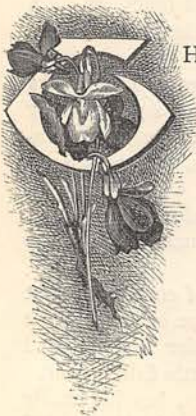
Art thou in poverty thyself?
Thou still canst help a friend;
Kind words are more than any pelf,
Good deeds need never end.

Art thou content in youth or age?
Then let who will be great;
Thou hast the noblest heritage,
Thou hast the best estate!

F. E. WEATHERLY.

AID FOR THE SICK.

BY THE AUTHOR OF "AID FOR THE WOUNDED."



THE nursing course of the St. John's Ambulance Association gives a very good insight into the nursing of the sick. As pupils of the association have, in many instances, proved their knowledge thus acquired to be of the greatest value, some account of the lectures given may not be without interest. Having passed the first examination, on surgical aid to the injured, I attended the second course, consisting of lectures on nursing.

The first lecture, as is often the case in such a course, being the initiatory one of a series, was by no means so interesting as some of

those that followed, but it was a very necessary one. It described the best situation for sick-rooms, the bed, the bedding, and the furniture. Special precautions should be taken in removing all furniture that is not strictly necessary; wardrobes, and chests of drawers containing clothes, should be taken away, and heavy curtains and all bed-hangings removed. Everything in the room will, at the close of the illness, have to be thoroughly disinfected.

The lecturer particularly dwelt on the necessity of proper ventilation. In pure air there are only 4 parts in 10,000 of carbonic acid gas, whereas in the air we expire there are 400 parts in 10,000; 150 such parts are enough to cause severe headache; and if increased to 500 parts in 10,000, death might be the result. The sleeping-room should be sufficiently large to contain at least 1,000 cubic feet of air for each person. Each person

gives off about 16 cubic feet of carbonic acid gas in 24 hours; 16 cubic feet of oxygen is absorbed by the lungs; it has been calculated that at least 3,000 cubic feet of fresh air should be supplied every hour for each person; the air would thus have to be changed every hour in a room containing 3,000 cubic feet of air. And in a room containing 1,500 cubic feet the air would have to be changed twice; and in one containing 1,000 cubic feet, three times. Now, experience proves that in a cold country it is impossible to change the air in a room more than three or four times in an hour without creating a perceptible draught, and therefore the room should contain, as I said before, at least 1,000 cubic feet of air for each person. In illness more air is required than in health, the sick person being entirely dependent on the air of the room for a supply of oxygen.

After each of the lectures we had some practical work to do in bandaging. We practised on each other and on two little boys especially engaged for that purpose. We perfected ourselves in roller bandaging, in bandaging the head, in bandaging each finger separately for a burn, in bandaging a broken jaw, leg, ankle, &c.; we also put on splints, securing them with bandages.

The next lecture was exceedingly interesting, and treated of fevers, teaching us to distinguish between typhoid and typhus, scarlet fever, measles, and small-pox, describing the course of a fever case, and giving that of small-pox as an illustration.

With regard to typhoid the lecturer spoke of the danger attendant on giving any other food than milk, not only during the disease, but for a long time afterwards during convalescence — the result of giving other food being often ulceration in the stomach, which may prove fatal.

The lecturer also gave some valuable hints on disinfectants, telling us which were the best to use for occupied and unoccupied rooms, for infected clothes, &c., and the necessary precautions to take to prevent the spread of infection. Before the next lecture he showed us some bottles of different disinfectants that he had brought down from London with him, and described their various uses.

The third lecture dealt with the nurse herself, with her dress, and with the precautions the nurse should take for her own health.

The lecturer gave directions for lifting helpless patients, for changing the sheets, upper and under, without moving the patient out of bed, and he gave minute directions about other details of nursing, such

as administering medicines, and the washing and dressing of patients.

In the fourth lecture a rigor was described, which most people have experienced who have had many illnesses, and which is the premonitory symptom of all inflammations and fevers. A rigor consists of a severe shivering fit, generally followed by heat; in some cases the rigors are frequent.

The class was much interested in the remarks of the lecturer on the treatment of children, and on the signs that they give of different diseases. Thus, for instance, drawing in the thumb tightly across the palm of the hand is a warning of convulsions, and a shrill crowing noise is a sign of croup.

Children who are too young to say where the pain is should be carefully watched, and any symptoms of disease should be carefully attended to.

This lecture was a most interesting one, treating of some most important subjects, such as delirium, baths, bed-sores, how to distinguish pain, &c.

In the last lecture local applications formed the subject of the lesson; we were taught the proper way to apply a blister, poultices, leeches, fomentations, and the padding of splints. A poultice is a thing that is constantly required, but how few comparatively know how to make it properly!

To do this a basin should first be scalded, or warmed by the fire, and then sufficient boiling water having been put into it, the linseed should be added, stirring it to a proper thickness. The poultice should be made thick to keep the heat in, and spread on a piece of flannel, cotton-wool, or muslin, which should be turned over the edges of the poultice, the linseed being next the skin.

After the lectures were over, the nursing course was followed by an examination, partly written and partly oral. We had first of all to write out the answers to five or six questions on paper, and we then had a *vivâ voce* and practical examination in bandaging. Pupils who obtain the two certificates of the first and second courses are again eligible for re-examination, when they become entitled to a voucher, and a medal if they like to purchase one. Candidates can be re-examined by a local doctor, when they receive a voucher testifying to the effect that they have passed.

The questions we had at the third examination were partly on the surgical course and partly on the nursing. The vouchers we received were small cards, about half the size of the other certificates, signed by the local secretary.

LIFE IN OLD VIRGINIA.

IT is May—only May—yet as I sit in the innermost recesses of the large drawing-room I am glad enough to be sheltered from the noonday heat and glare. The blinds are closed—alas, for the sad necessity!—to keep out the housewife's enemies, the flies; but through the carelessly arranged

slats much of the prospect without is to be seen—too much, perhaps, for the expedition of my writing.

Through a gap in the orchard rise the twin mountains—the last of the range—painted a pale summer blue upon the still more misty blue of the distant sky. On the topmost twig of a peach-tree just beyond the