

## A LETTER FROM AFAR.

By GEORGE WEATHERLY.

BESIDE the fire a lassie reads  
 A letter from a far-off land,  
 That tells of hardships bravely borne,  
 Of many a glowing prospect planned;  
 And through it all this keynote runs  
 That gives each sentence such sweet grace,  
 And makes the reader glad, and brings  
 A tender smile into her face:  
 "It's eh, my love! and ah, my love!  
 Across the seas we work and roam!  
 But it's ah, my love! and oh, my love,  
 For sweetheart and for home!  
 For sweetheart and for home!"

What matter winter's piercing cold?  
 What matter summer's scorching rays?  
 What matter hours of constant toil?  
 What matter lonely nights and days?  
 Each hour the homestead seems to grow  
 More like the home left far away;  
 Each hour brings nearer parted hearts,  
 And soon there'll be no need to say:  
 "It's eh, my love! and ah, my love!  
 Across the seas we work and roam!  
 But it's ah, my love! and oh, my love,  
 For sweetheart and for home!  
 For sweetheart and for home!"



## HOME HINTS IN ILLNESS.



It is very often a matter of considerable difficulty in the absence of a skilled nurse for the female members of a family to know what is exactly the right thing to be done in certain circumstances. Of course we know

that this must in the future become less and less the case, for so many of our girls nowadays deem it an essential and necessary part of their education to undergo, as a hospital probationer, that exact course of discipline and training which is the one thing from without necessary to develop ability within. The following suggestions may be relied on, and acted upon with advantage; they are taken chiefly from "Suggestions by the Society of Medical Officers of Health," and as such are valuable and thoroughly trustworthy.

*General Rules in the Management of Epidemics or Contagious Diseases.*

(1.) It is generally desirable, nay necessary, that the person afflicted with illness of this particular sort should be "isolated," *i.e.*, should be separated from the other inmates of the house, and sent to a room, preferably on the top floor, and should have, if possible, the whole of that top floor confined to his own and his attendant's uses.

(2.) All hangings, such as bed and other curtains, all carpets, and any articles of dress in wardrobes or chests of drawers, should be removed, as also should any unnecessary articles of furniture.

(3.) As to the admission of fresh air into the room, the room should be well ventilated, the chimney communication should be free, and

the windows partly open; if the weather be not too hot, or if the room be large enough, a fire should be kept burning, as that ensures a more or less free passage of air through the room, besides adding to patient's and nurse's comfort. The floor should be sprinkled with disinfectant each day and cleansed.

(4.) The door is to be kept closed, and a sheet, which is kept damp with a disinfectant solution, such as Condy's fluid, carbolic acid, or chloride of lime, should be hung outside so as to cover up every crevice.

(5.) Everything that the patient has handled or used and finished with, such as food, drink, etc., should be plunged into disinfectant solution before being emptied away.

(6.) Pieces of lint, etc., used for wiping the mouth must be burnt at once.

(7.) All articles, such as spoons, cups, and glasses, used by the patient should be washed in a disinfectant after use, and then washed in hot water.

(8.) No food left over by the patient must be touched by anyone else; it must be put into the disinfectant and thrown away.

(9.) All linen, whether of bed or body, after use should be placed in a disinfectant solution in the room itself, *i.e.*, before leaving it. When they have been in this for at least an hour they should be boiled in water.

(10.) It is highly important that the body and the bed of the patient should be kept scrupulously clean, and if scales or crusts form on the skin during the disease, it should be smeared daily with oil.

(11.) Those in attendance as nurses should, if possible, have had the disease from which the patient is suffering. They should frequently cleanse their hands in some antiseptic solution such as Condy's fluid, and should use

carbolic acid soap; they should wear washable dresses, preferably of cotton, and should avoid inhaling the breath or any emanations from his body. They must leave the patient's room with all due precautions against meeting other members of the family.

(12.) Visitors must only be allowed with strict precautions; it is better to forbid them altogether.

Having acted on these suggestions, and followed the advice of a medical man as to detailed treatment, our patient will, in all probability, have been safely tided over his illness. Now fresh duties arise. The patient must have fresh clothes, and must have a disinfecting bath before he can rejoin the anxious members of his family. The room in which he has been confined cannot be spared, and is required for general use again. Surely, to use it again straight away would be in the highest degree dangerous; it must be disinfected and cleansed, and that is best done in the following way:—

*To Disinfect a Room.*—Spread out and hang upon lines all articles of clothing or bedding, well close the fireplace, windows, and all openings, then take from a quarter to half a pound of brimstone, broken in small pieces; put it into an iron dish, supported over a pail of water, and set fire to it by putting some live coals on it, then close the door, stopping all crevices, and allow the room to remain shut up for twenty-four hours. At the end of this time the room should be freely ventilated by opening doors, windows, and fireplace; the ceiling should be whitewashed, the paper stripped from the walls and burnt, and the furniture and all wood and painted work washed with soap and water containing a little chloride of lime. Beds, mattresses, and

those articles which cannot well be washed, should, if possible, be submitted to a heat of between 210 to 250 degrees (Fahrenheit), for two hours or more in a disinfecting chamber.

The following disinfecting fluids may be found of service:—

(1.) Sulphate of iron, one pound; water, one gallon.

(2.) Chloride of lime, one pound; water, one gallon.

(3.) Carbolic acid (No. 4), five ounces; water, one gallon.

(4.) Condy's red fluid, one part; water, fifty parts.

(5.) Condy's green fluid, one part; water, thirty parts.

When the disinfection is to be carried out in connection with fevers, chloride of lime, Condy's fluid, or carbolic acid are the best substances. If linen is being disinfected, chloride of lime cannot be used on account of its corroding the texture. Condy's fluid is in this case the best thing to be used.

It may, some day or other, fall to the lot of any one of our girl-readers to be asked by the doctor to make and apply a poultice to some afflicted member of her family. The doctor will probably say, "Just let him have such-and-such a poultice." She will look extremely silly and feel very uncomfortable if she cannot make a poultice and has to ask for particulars about a thing that should be familiar to her in her domestic economy. I therefore append an account of how to make the more common forms of poultices and other hot applications.

Poultices are generally made of linseed meal, mustard, or bread; linseed, besides being used separately, is sometimes used in combination.

*Linseed Poultices.*—Boil, not merely warm, your water, and with some of it heat a basin;

having heated it, pour out the water and pour in fresh boiling water, into this sprinkle the meal, stirring the whole time with a large knife, until the whole thing is of the consistency of porridge. Have by your side a strip of linen or tow of the size required, into this turn out the mixture rapidly, and spread about one-eighth to a quarter of an inch thick, and smear the surface with a little olive oil, to prevent sticking; turn in the edges to prevent escape of moisture; fold, and take it to the bedside.

*To Apply.*—The poultice should be covered with a layer of cotton wool and fixed on with a flannel bandage, and should be changed, if applied to the chest as a continuous poultice, every four hours. Care should be exercised in seeing that the patient gets no chill in the changing of the poultices, the new one being quite ready to go on before the old one is taken off. Never put on a poultice which is uncomfortably hot to the patient, as one may in this way blister the skin. If a poultice of greater pungency be needed, mustard may be added in the proportion to the meal of 1-2 or 1-1, as required.

*Mustard Poultices, Mustard Plasters, or Sinapisms.*—These may be mixed in a similar manner to the foregoing, hot or cold water being used, and the mustard being spread on brown paper. A thin fold of muslin is laid over the mustard, and the edges of the paper are turned over. When the plaster is removed, the part should be covered either by cotton or a piece of soft linen, such as a handkerchief. The reason the muslin covering is used is to prevent particles of mustard remaining on the skin of the patient.

*Bread Poultices.*—Cut a piece of bread which should have no crust, and place it in a cup; over this pour boiling water, let it stand a short

while, then drain the excess of water; place the poultice in a piece of muslin, then apply as in the case of linseed. Cold bread poultices are made in a similar way, cold water being used. Olive oil may be spread on these poultices to keep them moist and prevent them sticking, but if this oil be not to hand lard may be used.

Although poultices have a greater power of retaining heat, a much cleaner and more elegant method of applying warmth is the so-called hot fomentation or hot compress. The following is the method of preparing such a fomentation:—

*Articles Required.*—A flannel bandage, a large piece of cotton wool, a piece of oil silk, a double thickness of flannel a little smaller than the oil silk.

*Method of Preparation and Application.*—Take a basin, and over it place a towel; into the towel lay your flannel, and pour boiling water over it; wring thoroughly out. Apply to the part affected. Cover the flannel with oil silk, and on this place the cotton wool. Bandage lightly. It is important that the oil silk should overlap the flannel at all points to prevent evaporation.

*Turpentine Stripes.*—These are special fomentations used in severe cases of bronchitis, etc. They are made in the same way as other fomentations, but in addition a little turpentine is sprinkled on the flannel.

*Turpentine Application for the Throat.*—Hot applications to the throat often leave an ugly red mark for some time. A useful application is the following: Grease the front of the throat with vaseline, and then lay on for a few minutes a piece of linen with a little turpentine on it. Remove the linen, and wear a layer of cotton wool on the part for the rest of the night.

## LANDLORD AND TENANT.

By MARY PCCOCK.



FLATS.

N England flats are rare in comparison with the Continent, where it has long been the custom for different families to reside under the same roof. A residence consisting of sitting-rooms, bedrooms, and domestic offices, usually all on one floor of a building, shut in with its own private door, and reached by hall stairs or passages common to the rest of the house, is properly called a "residential flat;"

but now many houses are altered slightly, kitchens are built out for the upper floors, or small rooms are converted into kitchens and offices, there is no hall door for each occupant of the rooms, but the different rooms open on to the general landings, thereby often entailing the constant locking of doors, as strangers pass up and down the stairs to go to the other rooms. Suites of rooms adapted in this way as residences are now frequently advertised as flats; in years gone by they would have been called "unfurnished apartments," which is really what they are, for they certainly cannot boast the advantages of well-constructed flats, where the best arrangements are considered with regard to the rooms, and the best is done by the builder, with concrete and other things, to prevent the tenant in one flat hearing more than can be helped of his neighbour in another, and also to prevent risk of fire as much as possible.

A person who takes a lease of a flat (a proper flat with a hall door) is in the position of a tenant, not of a lodger; but in various respects his tenancy is different from that of a householder in one important one, that is, that if a flat were destroyed by fire, the tenancy would probably be held to be terminated by it, or if it were partially destroyed, a proportionate reduction would be made in rent, whereas if a house is burnt down the tenant has to continue to pay the rent, nor could a landlord recover rent of a flat that was not due at the date of the fire. There is this difference in

houses and flats—a householder has a right over the ground on which the house stands, but the leaseholder of a flat has no right over the ground below it, so when the building is burnt there is nothing left for him to hold as tenant. It is well, to save possible litigation, to have definite stipulations in the lease with regard to the liability in case of fire; in fact, it is necessary for both landlord and tenant to be careful as to all the terms of a lease; it is necessary for both parties to be protected. A landlord should certainly be more careful as to what tenants he takes for flats than for houses, as one resident may interfere a great deal with the comfort of another.

As a rule, all external repairs are done by the landlord. It is necessary for the tenant of the top floor to stipulate that the landlord should keep the roof and chimneys in order, and the tenant in the basement should have it understood who was to keep areas, etc., clean and in order. All rights as to the use of cellars, lumber room, lifts, or other things should be mentioned in agreement.

For the general health and comfort of the house, each tenant should be bound to keep all pipes, sinks, etc., clean in his residence, and to protect them from frost; not to use the rooms otherwise than as a private house; not to obstruct or leave anything on a staircase, or to allow those belonging to him to loiter there.

Some landlords insert a very wise clause in their leases with regard to the keeping of