

I do not think you will wish me to give you all my ideas as to furnishing, but perhaps one or two hints may come in useful. For floor covering for your sitting-room, I think you will find the cheapest and prettiest is a large square of Moonj matting. The red, blue and cream colours are bright and cheery, and the matting is easily kept clean and wears splendidly. You can stain the floor all round, dark, or light oak, as your fancy directs. For the bedroom floor a square of carpet is preferable, and this can now be had in very pretty artistic shades, and very cheap.

Your bedroom door will probably be placed in one corner of the room, which only leaves you three corners at disposal. Of these three, I would suggest making hanging dress-cupboards out of two, and a washstand of the remaining one. The dress-cupboards are made thus: get a good-sized shelf, fixed to the wall at a height of 7 feet from the floor, and just above the skirting-board have another of the same size fixed. Under this last, you can keep boots and shoes. From the top shelf a serge or plushette curtain should hang, which will effectually keep out the dust. The hooks for dresses are placed on the side supports of your bracket shelf. I daresay you will not have time to embellish your curtains, but I have seen very pretty art serge embroidered ones, which were the work of leisured fingers.

Now for the washstand. Get the same carpenter who puts up your other shelves to place at the right height for comfort, a strong shelf wide enough for one or two basins and ewers. The larger you can allow this to be, the more comfortable you will find it. A curtain ought to hang from this shelf too, in

lieu of a cupboard door, and, if you are pressed for space, hang a looking-glass in the angle of the wall. Your toilet brush-bags can hang one on each side, and save the purpose of splashers as well.

I have left the beds to the last, for I think you know my views on that subject, and I cannot too strongly urge you each to have your own bed. You can get most comfortable ones at a very moderate cost from the Standard Folding Bedstead Co. They are easily fixed, well ventilated, and during the day, hook up on the wall, leaving plenty of space in the room. I have not mentioned the chest of drawers, as you will have to decide about that when you find what your funds will allow. But there is one necessity, namely a dressing-screen. This you will find such a comfort, and if you buy one of the pretty Japanese ones for 9s. to 10s., you can use it in either room as desired.

You will, by matting over the scullery, be able to make that your bathroom, and will find it very handy and much more convenient than having a bath in the bedroom. Your cooking utensils, I fear, I have not time to mention, but I know your mother will see that you have all you need, and so I will only finish my long letter with a few hints which you must take in good part, as beginners in your new and fascinating housekeeping.

1. Arrange to have your milk and bread brought regularly. You are sure to find a dairy near where they will serve you sufficiently early in the morning.

2. *Do not neglect your regular meals.* You will find it an excellent plan to take it in turns to "housekeep." In the morning, the one who makes the beds and does up the rooms,

might prepare the breakfast while the other goes out to provide for the evening meal. I imagine you will lunch in the city, so that supper will be the meal required. And I trust you will always see to it that you have a substantial, but digestible supper, as soon as you can after returning home.

3. See that your lamps, candles, etc., are always clean and ready for use, and matches handy. There is nothing so dismal as to come home to a dark room or rooms and grope about for light. It is unlikely you will have gas, in a flat such as I have described, though you may have the "penny in the slot" arrangement, and this is a great convenience.

4. See that your drains, sink, etc., are always well flushed and kept perfectly sweet and clean. If anything seems out of order, go at once to the agent and have the matter seen to; it may be very easily remedied.

5. Be very careful to leave your sanitary dustbin ready, on the days when it is cleared, and see that all refuse is carried away. The most absolute cleanliness is needed in such close quarters, and by attention to this life may be as healthy and is certainly as pleasant in "your flat" as it could be in your own home.

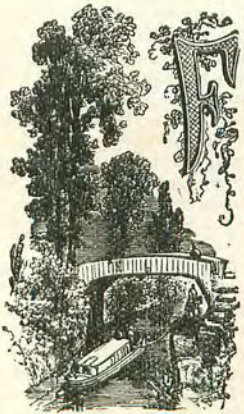
P.S. I don't think I have been nearly emphatic enough about the need for care in arranging your meals. Be sure to take a good breakfast, and try by all means to have a good, wholesome evening meal. Never fall into the habit of living on sausage rolls and pork pies, and tinned meats. You both know something of cookery, therefore learn more, if you can, by practising for "each other's" benefit, which after all is the truest "altruism."

(To be concluded.)

## A MINISTERING ANGEL.

By JOSEPHA CRANE, Author of "Winifred's Home," etc.

### CHAPTER I. IN THE FENS.



FEW places, by way of contrast, as regards scenery, could have been greater than when I came straight back from the school where I was educated in lovely Lausanne to Anderby Hall, our home in the Lincolnshire fens. I had not been at home, even for the holidays, for three years, owing to my having measles or something or

other that prevented my travelling. Two years ago I came back not to return, for my school-days ended on my nineteenth birthday. My mother had died quite suddenly two years before, and since then Aunt Elsie, father's eldest sister, kept house for him. Then she became very ill, and the doctors had little hope of her being anything but an invalid for the rest of her life, so my home-coming to be the active head of the house seemed just in time.

Our home is a very large, rambling old house, very much out of repair, and with large gardens stretching at the back, and a short lawn in front, the gate opening on to the village road. We are eleven miles from a

railway station, five from anything that can be called a town, and beyond two or three families who live within a few miles of us, and about two in the village itself, there is no society at all. From my bed-room window I can see miles and miles of fenland stretching to the horizon. The fens are intersected by canals, and here and there are tiny villages and a church spire.

Dolly, who is thirteen, and Bess and Anne, who are twins of nine, go to a school kept by two maiden ladies in the village. The children of the doctor and clergyman go there, and, considering how remote we are from civilisation, it is fortunate to have a school at hand, for father says he doesn't wish them to be far away, and prefers this school, which, for the country, is wonderfully good.

It was my great wish to go and be trained for a nurse, and I think father would have let me do this later on had not mother died. But now, as he says, my duty is clearly to be at home. Perhaps, when Dolly is older and able to take my place, there may be a chance of my going.

Last week a very delightful thing happened. I had a letter from Maggie Anderson, who had been to stay at Lausanne once during the holidays. She was a sister of Madame Chaudet, whose school I was at, and it was her telling me a great deal about hospital life, where she had just begun her training, that gave me the wish to be a nurse. She wrote from her London home, for she had lately been ill, and the doctors wanted her to have six months' rest; and when I told father, he said that I could invite her to come and stay here if I liked, and that it would be company

for me, for he had to go to America on business, a brother of his having died there lately, and he might be away three months or more.

"You would enjoy that, would you not, Nell?" he asked, for father always loves to please us.

"Yes, father, it would be lovely; I hope she can come," I answered, and, to my joy, I found she could, so the morning father sailed from Liverpool for New York, I went to meet her at the station, and was surprised to see how white and ill she looked.

She is several years older than I am, and a very delightful person. The children took to her, and Tom, our one brother, who is eleven, voted her a brick.

"Now, Maggie, while you are here I am going to pick your brains diligently," I said to her the day after her arrival, and she laughingly said she gave me full permission to do so.

"As there seems no chance whatever of my going to be trained as a nurse, and here, of course, there are never any ambulance or home-nursing classes, I don't see how I can get any practical knowledge of nursing," I remarked, "and I long to learn all I can on the subject."

"Every woman should know certain rules about nursing, and how to carry out a doctor's orders," said Maggie, "and I will tell you all I can."

"You know sometimes I go and see the poor people in the village, and often I have wished I knew how to make them more comfortable and give them hints about treating the sick; only I did not know what to say and do."



"If I am to help you practically, Nell, I may have to find fault," said Maggie.

"Yes—why, of course you must, but as you have not seen me trying my hand at nursing, I don't know how you can find fault."

Maggie smiled.

"There is your Aunt Elsie, see what an invalid she is."

"Oh, yes, of course, but her maid whom she has had all her life waits upon her, and I have very little to do with it."

"I know you are very attentive to her in reading to her and bringing her flowers," said Maggie, "and she told me yesterday you were her sunshine."

"Did she—how nice of her? Well, it's about the only sunshine she gets," I answered, "for her room seems always cold and dull."

"Now comes my first bit of fault-finding," said Maggie. "Why should she have that particular room?"

"I don't know, Maggie, excepting that it has always been hers ever since she came to live with us. Now I come to think of it, as she has to live in her room, perhaps a sunnier one would be better."

"Yes, and very much healthier. South or south-west are the best aspects. Do you know, Nell, that sunshine in itself is health-giving. The Romans had sun-baths two thousand years ago."

"Oh, and now I come to think of it, they have them at Lucerne."

"Yes, and sunlight has the power of checking the growth of germs, and burns up what is classed generally as effete matter."

"Certainly Aunt Elsie could have the room at the end of the west wing, only it is rather out of the way."

"All the quieter for her," said Maggie, "and if I remember rightly there is a room opening out of it."

"Yes, there is."

"Well, supposing we propose it to your aunt. Come, let us go up at once."

And we went.

It was a lovely afternoon—we are just at the end of October—but Aunt Elsie's room certainly struck me as cold and dark-looking, though it certainly was not chilly in the other respects, for there was a big fire and the room was very hot. Aunt Elsie was not up, and lay quite sunk down in her feather bed, and her pillows did not look comfortable. She liked the idea of a change into another room very much, and Maggie quite won her heart by telling her that she was sure she would be better in her new quarters. It was great fun preparing the rooms for Aunt Elsie, and Maggie and I worked with a will.

"I wish we had a glazed paper on the walls!" said Maggie as we paused in our labours of staining a deep border of oak colour all round the room. "It can be kept clean so much more easily, as it can be wiped down with a damp cloth; however, this must do for the present. I am glad Joanna cleaned the rooms so well."

"She was astonished at your insisting upon the ceiling and walls being dusted," I said. "It would never have occurred to me."

"It is quite as important that they should be kept clean as any other part of the room. Now those pieces of carpet nicely bound will be ever so much better than having carpet all over the place, as they can be taken up and shaken. Tell me, Nell, do you think your aunt clings to that dreadful feather-bed?"

"I don't know. Why, what is the matter with it?"

"They are hot, unhealthy, and generally uncomfortable," said Maggie, "and the person is apt to get into the most uncomfortable holes. Of course, for sickness as for health, the best kind of bed—"

"Oh, wait a minute!" I said hurriedly. "I have started a note-book, and am going to

write down things unless they are such that I am sure I can remember them."

"Very well, then."

*The Bed.*—An iron bedstead six feet six inches long and three feet wide is a good size. A wider bedstead gives the nurse a great deal of trouble in reaching over, and with the width named she can reach the patient easily from both sides of the bed.

Proper bedding should consist of two horse-hair mattresses, or one horse-hair mattress placed on a palliasso. The best of all, however, are spring mattresses, or chain-mail beds with a hair or wool and hair mattress on the top. If you have a feather bed which must be used, place it under the mattress.

The bed should never be placed with one side against the wall, and the light should not fall on the occupant's face, as that is very tiring to the eyes. If possible, the bedstead should stand between the fire-place and the door.

Cotton sheets, light warm blankets, and, for extra warmth, an eider-down quilt are required for a bed. The quilt should be one of the ventilated ones. Heavy cotton counterpanes are always objectionable.

If a bolster is used, it should be placed in a case by itself and not rolled up in the top of the sheet. Several pillows are necessary, the underneath ones not being too soft.

"I have written all that down," I said as Maggie paused. "I doubt very much if Aunt Elsie will submit to having the feather-bed placed under the mattress though it is a nice soft one."

"We must not worry her," said Maggie; "but see if we can't make alterations gradually. I am glad to see that hers is an iron bed and not a wooden one. We must hang up some pictures to-morrow, Nell; I noticed that her walls were very bare."

"Yes, so they are," I answered; "but I never heard her complain, and certainly I never noticed it."

"We might look about and see if we cannot find something that can brighten the walls and make the room pretty. It is nice for an invalid to have something cheerful to look at, and pictures often suggest good thoughts. Now I think the next thing for us to see about are the windows."

"Yes, the housemaid can clean them to-morrow morning," I remarked; "and then we can paste them up."

Maggie stared at me.

"I suppose you did not notice in Aunt Elsie's room that there was paper pasted over the crevices between the sashes and the woodwork? You see that she objects to draughts."

"But how can the windows be opened to air the room?" asked Maggie who looked thunderstruck.

"They never are opened through the winter. The pasted paper is washed off for the summer months," I said calmly.

"I don't wonder now at your aunt's complexion," said Maggie, and then she gave me a long discourse upon fresh air, and I entered her remarks in my note-book.

*Ventilation.*—The air of a sick-room should be always kept quite fresh, and by careful ventilation alone can this be secured. Ventilation really means fresh outer air replacing the inside air which has been made impure in many ways.

*A Fire* greatly contributes to the cheerfulness of a room and helps ventilation. If the temperature falls below 58° Fahr., it should always be lighted. A fire produces a diffused current of air in the direction of the chimney, and ensures the air of the room being often changed. At those seasons when you do not need a fire in a sick-room, a lamp kept burning in the fire-place very materially assists the ventilation of the room by drawing the bad air up the chimney.

*Night Air.*—With respect to night air, of course there are times during the night as well as the day when the outer atmosphere is damp, keen, or foggy, must not be allowed to enter; but that is not often the case, even in winter. As Miss Nightingale asked, years ago, very truly, "What air can we breathe at night except night air?"

"I wish you had some books that you could lend me," I said as I finished writing this down. "Have you any with you?"

"I am afraid I have not," said Maggie, "but as you only really need the very first principles of nursing, I think I can tell you all you want to know. But stay, I may have a note-book or two of my own with me, and I will go and see." And she went up-stairs and brought down a little manuscript book in which were notes and quotations from books she had studied and just what I wanted myself.

There was a paragraph on how to avoid draughts taken from a manual of nursing which I straightway copied into my book.

*How to avoid Draughts.*—It should be remembered that windows opened at the bottom are likely to create a draught on a level with the patient, and are, therefore, dangerous, unless carefully managed. An excellent plan of arranging an open window is to open the lower sash a few inches from the bottom, and to fasten a wooden board, eight to ten inches deep, across the lower opening, or to fit a piece of wood accurately in, and close the opening beneath the sash. The air thus enters at the middle, where the raised lower sash overlaps the lower end of the upper one, and the current is directed upwards towards the ceiling, and is thus gradually diffused through the room without draught. When the room does not admit of ventilation by this means, other substitutes must be employed. For example, the windows in adjoining rooms or passages may be opened and air admitted, or the door may be opened and a current of air created by shaking a clean towel or sheet about the room. In very cold or windy weather, when it is impossible to keep windows always open, the room should be aired several times a day, the patient being entirely covered up; the window may be thrown open and if necessary the door also for a few minutes, until the air has been changed and feels fresh. If the patient is able to leave the room, advantage should be taken of his absence to have it thoroughly aired and warmed again before his return. Amongst the poor, the nurse will find the greatest objection to having windows open, partly from ignorance and partly from dread of draughts, and she will have to be on her guard that the windows are not shut directly her back is turned. This is especially necessary at night, when it is of the utmost importance to keep the air fresh.

"I should not think this book of much use to you now," I said, as I handed it back to Maggie. "You are a trained nurse and must know all these things by heart."

"Yes, I do," said Maggie; "but I keep it because it is of use to me when I am lecturing on simple home-nursing as I sometimes do, and it refreshes my memory as to what it is needful to teach people. You see, once that we nurses have our regular hospital work, we are so much accustomed to everything being done on hygienic laws, that we are apt to forget that many people who come to lectures to learn about nursing do not know the very first principles of the laws of health. I mean of the value of cleanliness, fresh air, etc."

"And need to be told not to paste up the windows," I said. "To-morrow, Maggie, I am going to ask you a lot of questions and write down your answers."

"Very well," said Maggie. "I am willing."

(To be continued.)



## A MINISTERING ANGEL.

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## CHAPTER II.

## SICK ROOM DON'TS.

"MAGGIE," I said, next day to my friend, "the reason why I want particularly to learn all I can about nursing is that it will not only make me more useful at home in case of illness, but also in the village as I told you yesterday."

"Yes, so you said yesterday," said Maggie. "Of course you have no village nurse."

I shook my head.

"And father lets me go sometimes and see sick people."

"You might be of great help to them," said Maggie, "if you could put them in the way of nursing their sick with a little intelligence."

"They say a little knowledge is a dangerous thing," I said.

"Yes, granted if that little knowledge is tried to be used about things and subjects of which the person knows nothing. But I do not think you will do much harm with the lessons I am giving you now."

"Well, here is my notebook," I said; "do begin."

"I am going to put the lesson in the form of 'don'ts,' and they will be easy to remember."

Don't have strongly scented flowers in a sick-room. Those which have no perfume are desirable, as they make a room look cheerful. But be careful to change the water frequently.

Don't let a sick-room be on the ground floor or basement. The quietest room is the best, and the higher up it is the better.

Don't have any carpet under the bed. Some people keep boxes under their beds and stow away all kinds of things there, thereby preventing the ventilation so necessary for a healthy bed. This rule should obtain at all times whether people are ill or well.

Don't forget when a window is open at the top that in foggy or very cold weather the air should be filtered by your having nailed a piece of flannel across the aperture. In towns, too, it is a good plan to nail a piece of gauze across the open space, as that prevents the entrance of smuts, and in the country it is equally useful in keeping out insects.

Don't hang a thermometer near a fireplace or a window. The proper place for it is on the wall either at the top of the bed or as close to the patient's head as can be managed.

An ordinary thermometer should be in every house; it costs but little, and in some cases of illness is an absolute necessity. From 60° to 70° F. is the usual temperature for a sick-room, and the nurse should make it her care to keep the room at the same temperature, avoiding more than a degree or two during the twenty-four hours.

Two o'clock in the morning is the coldest and three o'clock in the afternoon the hottest time of the day, and you must look at your thermometer at these times and see that it does not rise or fall.

To prevent this you can draw a blind down more in the heat, and at night, if you are up with a sick person, or have to keep their fire in, pay particular attention to it at that time.

Don't keep fire-irons in a sick-room. They only cause noise and are in the way. An old walking-stick is an excellent substitute for a poker. To brush up the hearth and so keep the fireplace in order can be done noiselessly, but to scrape up the cinders with the shovel causes sounds which are little less than torture to some people when they are ill, and are certainly very disagreeable at all times. In cases where all noise must be avoided, it is a very good plan to strew about an inch of earth

under the grate. Then the ashes and cinders fall upon it, making no sound, and when you want to remove them you can do so almost unheard, as you run your shovel into the earth and lift up some of it with the cinders on it.

Don't keep up a fire at night by placing coals on it in the ordinary way which causes more or less noise. Put on a pair of housemaid's gloves, or one only is enough, and taking up the coals in your fingers make up the fire gently. Another excellent plan is to have your coal-scuttle made up for you before you settle your patient down for the night. Let the coals be placed in paper bags and the scuttle filled with them. When the fire needs renewal all you have to do is to place one or more bags on it, and as the paper soon burns the coals do their duty.

Don't omit to soap the window-cords so that they may work quietly, and it is well to oil hinges and locks of doors for the same reason.

Don't crowd the washstand with medicine bottles, etc. If you have a cupboard in the room keep all such things in it, and if not they can be kept in an adjoining room. Failing that you can make a good medicine cupboard if you do not already possess those sold for the purpose.

"How can that be done?" I inquired, for I was getting tired of writing down the Don'ts, and Maggie saw it.

"Any old fruit box or soap box can answer the purpose," said Maggie. "Have you such a thing in the house?"

I thought we had, and as I returned very shortly with a good large one we set to work after lunch in arranging it.

Tom, who loves anything to do with carpentering, gave willing assistance, and having taken off the top of the box which was useless, he planed it nicely and lined it all with glazed paper. The outside we covered with American cloth, and then we nailed a frill all along the upper edge, for we were supposing the box to be used in the same position as when lying on its side. This frill or curtain was cut up the middle, and thus the future contents would be kept nicely protected from the dust. Tom ran to the village to buy four strong eyes at the shop where all kinds of things are kept, and we nailed them on to the box, and then by their aid fastened the home-made medicine cupboard into its place in Aunt Elsie's new room.

"How far are you from a doctor here?" asked Maggie.

"Four miles," I said. "Why do you ask?"

"Because it makes it all the more important that you should have a cupboard set apart for things likely to be needed in case of accident or illness."

"There is a small cupboard with two shelves in the store-room," I said; "would that do?"

"Capitally. On one shelf you should place all poisons and things for external application apart from the others."

"What ought to be in the cupboard?" I asked, and Maggie gave me this list, saying as she did so that she had named only a few essentials, and that the list might be extended very much.

## THE MEDICINE CUPBOARD.

Castor oil, sal volatile, hazeline, powdered borax, Rigouot's mustard leaves, cascara tincture or tablets, oiled silk rag and lint, essence of ginger, Condy's fluid or any disinfectant, carron oil, mustard flour in a tin, linseed meal

in a tin, zinc powder and zinc ointment, glycerine, medicated cotton wool, flannel for compresses.

The following articles should also always be kept among others which will suggest themselves to every one:—

An india-rubber hot water bottle, a clinical thermometer, a graduated medicine glass, a drop measure, an air-cushion, a feeding-cup, a spatula, a wire-handled throat brush, some bandages and safety-pins, patent food-warmer and night-lights.

"Remember," said Maggie, "that all poisons should be kept in coloured bottles and labelled poison, as well as being kept on a shelf apart. You cannot be too careful, Nell, if you have a cupboard of this kind in a house about keeping the key or at least letting it be known where it is kept and leaving the door always locked, for fear of children or servants tampering with its contents."

"What is a feeding cup used for?" I asked.

"For a patient who is too ill or too weak to sit up. If you have not a proper feeding-cup at any time that one is needed, a small earthenware tea-pot answers the purpose if you are careful only to fill it about half, and not to remove the cover."

"When I can I shall get all these things," I said. "And now, Maggie, about giving medicines, are there not some rules?"

"Certainly there are, and I will tell them to you," said Maggie, as I got out my pencil again.

"You should always read the label on the bottle of medicine. Give the medicine at the time ordered. When medicine is directed to be taken three times a day it should be given at 10 A.M., 2 P.M. and 6 P.M. When it is ordered to be taken every four hours, it should be taken at 8 A.M., 12 noon, 4 P.M. and 8 P.M.

"Never give a medicine during the night unless the doctor expressly says you are to do so.

"If medicine has to be taken every two hours it is supposed that it is to be given during the night.

"Always measure the dose accurately in a medicine glass, and do not rely on the marks on the bottle, which are not always to be trusted.

"If a medicine is to be given 'after food,' it must only be administered if food has been taken.

"Medicines should always be shaken before being poured out, and you should hold the bottle so that the label side is upward. This prevents any drops of the liquid defacing the writing on the label and rendering it illegible.

"Always clean a medicine glass after using it, and keep a separate glass for oil or any medicines which have a very strong taste.

"After taking a nasty or acid medicine the sick person should wash out his mouth, and if he eats a crust of bread or a biscuit it will help in removing the taste.

"There should always be an interval of half an hour between taking a medicine and a meal. There are however, exceptions. Some medicines such as cod-liver oil, malt and tonics of arsenic and iron are generally taken at or very soon after a meal.

"The last thing at night or early in the morning is the best time for all medicines of an aperient nature, and should be followed by a hot drink a little time afterwards."

"Are there not ways of taking medicines so as to disguise their taste?" I inquired.



"Yes," answered Maggie. "You can write this down if you like:—

"Powders can be mixed with honey, sugar, treacle or jam. Another excellent way is to sprinkle them between two slices of very thin bread and butter, or to dissolve them in a little milk.

"Saline draughts should be brought to a person in two glasses. Let the patient hold the larger glass in his hand and then pour in the contents of the smaller.

"Castor oil can be beaten up in hot sweet milk, strong milkless coffee, or hot broth with salt in it. Another way is to thoroughly moisten the inside of the glass with brandy, then measure the oil into it and add a little brandy—about half a teaspoonful."

"Thank you, Maggie," I said, "now I think I have written enough for to-day. Suppose you get your things on and come out for a walk in the village."

"Nothing I should like better," said Maggie. "I want to explore it."

"It is so tiny that you will soon know it," I said. "Oh, I forgot to tell you, Maggie, that Aunt Elsie is quite excited about the new room and looking forward to it, and she even consents to having the feather bed put under the mattress. She is a dear old thing, and quite delighted to hear that you were teaching me a little about nursing."

"That is right, I was afraid perhaps that she would resent our innovations particularly

about the carpets, but she has lived a good deal in France and is familiar with parquet floors and only islands of carpet here and there."

We walked on through our little village, and bent our steps towards Ansell's, who was, as I told Maggie, a young girl who was a great invalid.

"I daresay you will discover many things which might be done to make Ansell's more comfortable," I remarked as we came within sight of the house.

Maggie smiled. "Naturally a nurse's trained eye discovers needs very quickly. Then you see I have done some district nursing."

"That was nursing the poor in their own homes was it not?"

"Yes. I think I like it almost better than hospital work."

"But it must be much more difficult," I said, "for in a hospital you have all the proper appliances and everything to help you."

"Yes, that is true, but you see in district nursing we try to kill two birds with one stone, and show the poor how best to nurse each other and to use such things as they have by them. Of course I take a bag with me with two spatulas, one for making poultices and the other smaller for spreading ointment, bandages, lint, some ointment and various small things which may be needed, but still one has to resort to makeshifts for endless things."

"What kind of things?"

"Substitutes for hot water bottles in instance," said Maggie. "These can be done in several ways. Hot bricks wrapped in flannel, hot bran bags are very good, and if that is not possible I have often taken ordinary wine or beer bottles that seemed pretty strong; corked them up very securely and wrapped them up in flannel. Of course one must be very careful in seeing that they do not leak. As we are on that subject, however, I must warn you that if you are giving a hot water bottle or its substitute to an unconscious patient or some one who is paralysed and has lost sensation you must be very careful not to place the hot bottle or whatever it may be against his skin, as by so doing you may burn him and produce a sore. Always let a blanket intervene, and do not let the bottle be placed in close contact with the person."

"I will remember," I said, and at that moment Ansell's sister came running out of the house towards us.

"Oh, miss, I am so glad it is you. Ansell is very bad, and mother's out, and I don't know what to do."

We followed the child quickly into the cottage and found Ansell certainly in a state of great discomfort, for she was seated in a wretched-looking arm-chair, her head thrown back, evidently in a dead faint.

(To be continued.)

## ANSWERS TO CORRESPONDENTS.

## MEDICAL.

INEZ.—The "black spots" on your face are comedones (blackheads). Some weeks back we discussed this subject at full length, to which description we refer you. Read it carefully and follow every detail exactly and you will obtain relief.

MARRION.—1. "Holes" in the skin of the face, connected with acne, are of two kinds—the minute scars left by pustules that have healed, and the enlarged "pores" or openings of sebaceous and sweat glands which invariably accompanies acne. For the first nothing whatever can be done, and, truly, the scars are so minute that it is no hardship to put up with them. The second—enlargement of the openings of the glands—is a congenital condition (probably). The openings gradually get smaller and smaller after about twenty-five years of age. A lotion of glycerine and borax will help to check excessive secretion from the enlarged glands.—2. We have thoroughly threshed out the subject of superfluous hairs and cannot repeat our statements. If you will read the back numbers you will find all that we can tell you of this condition.

SARAH.—How frequently we hear patients say that they only have one lung. Every human being that ever lived, who was not a monster, was born with two lungs; and every person who ever died, died with two lungs, and every person living is living with two lungs. Women are very fond of going to a physician complaining of only having got one lung. What do they mean? and from whence do they get this extraordinary idea? Of course one lung may be almost incapacitated by disease; but this is not what women mean when they say that they only have one lung, for if you ask them what has become of the other lung, they always answer "I coughed it up some time ago." It would be impossible to cough up a lung, far more difficult than it would be to swallow a leg of mutton! This week we have seen ten "one lung" women. Of these, six neither have now nor ever had anything wrong with their lungs. Two others have had bronchitis, but have two perfectly healthy lungs apiece, at present. Of the other two, one has bronchitis now and the other has phthisis. You may rest content that you have two lungs like the rest of mankind. Of course we cannot tell you whether they are healthy or not.

S. N.—The cause of the great toe being driven beneath the second toe is invariably ill-fitting boots. If you can, obtain boots of the right shape, with a separate compartment for the great toe. These boots can be obtained at most first-class shops, and if well made, are not uncomfortable.

FAIRY QUEEN.—Flat-foot is due to two causes—badly shaped boots and excessive standing. If you read the article on clothing in the March number of THE GIRL'S OWN PAPER, you will find information about flat-foot.

RACHEL.—The following is a very good carbolic tooth-powder:—

	Parts.
Orris root .. .. .	30
Cuttle-fish .. .. .	30
Powdered hard soap .. .. .	30
Magnesium carbonate .. .. .	500
Precipitated chalk .. .. .	500
Carbolic acid (pure) .. .. .	5
Attar of roses .. .. .	3

Mix these ingredients very well together, and be careful that the carbolic acid does not stick together in one lump, but is equally distributed throughout the powder.

A SOUTHSEA READER.—Unhealthy conditions of the finger-nails, although very common, are but imperfectly understood, and, consequently, the treatment for them is unsatisfactory. Cut and trim the nails down to the "quick," but do not touch the rim of the nail near the root with the knife. If the nails are thin and weak the root of the nail should never be trimmed and the nail should not be scraped. Of course if you have any affection of the fingers, this must be seen to. Of all applications not one is really satisfactory. Lanoline may be used, but it will not prevent the nails from splitting. Bathing the nails in alum-water (one teaspoonful of alum to a pint of water) is sometimes efficacious in causing nails to grow thicker and stronger.

MOTHER.—There is one form of goitre (or rather there is a disease of which one symptom is goitre) which does affect the heart and causes palpitation. This disease is the exophthalmic goitre or Grave's disease. It is called "exophthalmic" (ἐξ, ex, out of, and ὀφθαλμος, ophthalmos, the eyes,) because extreme prominence of the eyeballs is one of the symptoms. Ordinary goitre, or "Derbyshire neck," rarely, if ever, causes palpitation until it gets to be of very large size. Goitres when they are large often causes difficulty in breathing from pressure on the windpipe. When this happens immediate operation is imperative. Usually the only symptom of goitre is the prominence of the throat.

A YOUNG MOTHER asks us how to cure dilated veins on the cheeks. She tells us that she is a great tea drinker, but never has indigestion. Nevertheless, we are sure that the dilated veins are due to the tea that she drinks. She must give up drinking tea. She also asks us whether we would advise ichthiol? Yes, we do advise ichthiol, either in pills containing two and a half grains, or else as an ointment consisting of two parts of ichthiol to one hundred parts of lanoline. On the whole we think that in her case more benefit would be obtained from the ointment. Lanoline alone is of very little good as an ointment for this condition, but it forms an excellent vehicle for the ichthiol. Sulphur ointment is a very useful application, but in this condition ichthiol is better.

## STUDY AND STUDIO.

P. A.—The sentiment of your verses is very good, but it would not be kind of us to lead you to hope that you would ever be able to write for publication, if that is what you mean. "Long" and "on" do not rhyme, nor do "lonely" and "going by." "True Sympathy" is by far the best. If it helps you thus to put your thoughts into rhyme, we see no reason why you should not continue to do so. We appreciate your neat and careful manuscript.

RITA (New Zealand).—We should advise you, as we have advised many of our correspondents, to join the National Home Reading Union, which has members in all parts of the globe. There are Reading Circles and private members in New Zealand. If you do not know of any, address the Secretary, Surrey House, Victoria Embankment, London, E.C. We sympathise much with you in your delicate health and longing after higher culture. Read all the works of Ruskin you can lay hands on, Tennyson, Browning, George Eliot, Kingsley, and scan our columns for advice to those with the same wish as your own. We understand your feeling inclined to "despise others" for frivolous conversation, but try not to encourage the tendency. Rather look for what is best in their words and disposition, and help to draw it forth by your example.

ROBINA.—The thoughts expressed in your friend's poem "To a Solitary Snowdrop" are good, but not original, and the lines are in no sense poetry. There is no music in them, and the length varies irregularly. Contrast the first line (seven syllables) with the last (fourteen), and this in a metre in which the lines should be equal in cadence! Thanks for your kind words.

MOONLIT GARDEN.—You have omitted your signature, so we are unable to compare your present enclosures with the last.—1. We cannot praise the two poems now sent. "The Angel of Death" (which you might certainly call "A Reverie") is written in no recognised metre, and it is incorrect to say "bolts and bars—availeth nought," also to say "thou doth."—2. Your writing is unformed at present and your s's and j's are too long and curly.

CHARMIAN.—1. Certainly we endeavour to return MSS. if stamps are enclosed for the purpose. We have returned yours also, as you did not know this rule.—2. We cannot praise your story. The composition is defective. You should not say "a good bit over the medium height;" it is too colloquial an expression. The rector's falling in love the instant he meets the farmer's daughter is not very convincing, and we do not admire his subsequent behaviour, nor the tendency of the story to describe handsome clergymen as demigods whom all women must adore!



that unless I can persuade you to accept my love and consent to become my wife, I shall never again know happiness. Listen to me, mademoiselle, no one will ever love you as I do!"

Génie shrank back.

"Oh, not yet, not yet!" she cried piteously.

Jean Canière was evidently not discouraged by her words. He took her hand with tender respect into his and pressed it to his lips.

"You shall not be hurried; it shall all be just as seems best to you," he said earnestly. "Only, dear Mademoiselle Génie, be merciful! Do not keep me in suspense too long."

"Be patient with me," she faltered. "It is not that I do not like you, but—"

"I am very patient," said Jean Canière tenderly. "Who would not be patient when he dares to hope?"

Once more he kissed her hand, and then he rose quietly and left her to recover her composure.

Madame Féraudy met him as she came down the garden walk and questioned him with her eyes.

"Not yet," he said in answer, "but she allows me to hope, and I am content."

"I am glad," she said hoarsely.

Jean Canière turned back and walked with her towards the arbour. He had something to say to her, and he did not know how to say it.

"Have you heard from Féraudy?" he said abruptly, when they were all together again.

Madame Féraudy looked a little startled.

"Yes, this very morning," she said, "I have a letter from him. Why do you ask?"

"Did he mention his health, madame? I have a reason for asking."

"He had had a touch of fever, but is better, and has been at work again; but now that the pressure is over he is going to his little Hospice for rest."

"You have heard something, Monsieur Canière?" said Génie, turning very pale.

"Yes, you are right; I have heard from the Pasteur Nicholas. I knew him well in Languedoc when we once lived there. He says Doctor Féraudy's friends ought to know that he needs very great care."

"What more?" faltered Génie.

Madame Féraudy did not speak, her face was set and rigid.

"It seems that there was a dangerous

strain of the heart some little time ago, and that the fearful overwork of the epidemic had increased this, and—"

"Oh, André, André!" cried Génie in an agony, "it was done in saving me! I knew, I was sure that he was hurt! Oh, God, be merciful; it was all for me!"

Madame Féraudy's voice was hoarse and difficult.

"Tell me the truth, Jean Canière. Is there any hope?"

"While there is life there is hope," said Monsieur Canière, trying to speak brightly. "But I think you would like to go to Dieppe. Nicholas says that there are nice rooms in a farmhouse close to the Hospice. I took it upon myself to telegraph to him to engage them for you. May I take you there?" he said wistfully.

Génie put out her hand to him gratefully.

"Not yet, Jean," she faltered.

He understood very well. He allowed himself no more tenderness, but plunged at once into practical preparations for the journey.

As he stood, two hours later, in the little country station and watched the train rush off into the distance, his heart was very full.

(To be continued.)

## A MINISTERING ANGEL.

By JOSEPHA CRANE, Author of "Winifred's Home," etc.

### CHAPTER III. LOCAL APPLICATIONS.



AM very strong and so was able to help Maggie to lay Ansell down flat on the floor. We loosened her dress round her neck, opened the window wide, put a little cold water on her face, and she was soon herself again.

Her little sister looked on open-mouthed with astonishment when we laid her down on the floor, and told us that she had been doing her best to drag up her head.

Maggie explained to me afterwards that fainting is caused by failure of the heart's action, so that it does not send enough blood to the brain. Consequently by laying the person down with the head on or below the level of the body the blood is driven back to the brain. Maggie says that a little weak brandy and water or a teaspoonful of sal-volatile in water can be given, only as it happened neither of those things were at hand at Ansell's. Ansell is in a consumption and not likely to live long, so the doctor says.

We got her back into bed, which Maggie made first of all, and the poor girl seemed very thankful to find herself there again.

"Don't you feel a draught from the door?" inquired Maggie, for the head of Ansell's bed in the tiny room was close to the hinge of the door; and really there seemed no other place in which it could be put.

"Yes I do, miss," said Ansell in a low voice which seemed to come with difficulty.

"Have you such a thing as an old linen

airer?" inquired Maggie, "for that makes a capital screen."

"No, miss."

"We have one at home which Ansell could have," I remarked.

"But until we do it up for you, you must not have that draught," said Maggie thoughtfully. "Let me see; if I place a nail just above the door near the hinge we could hang a dress or shawl on it, and it would keep off the air that comes through the hinges," and in a very short time Maggie had done this and was rewarded by hearing Ansell saying that she did not feel any draught at all.

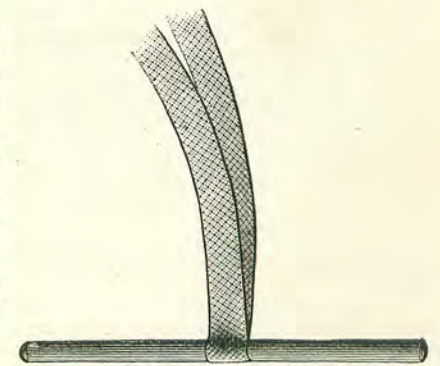
We stayed and talked to her a little, and in the course of conversation discovered that she often found it very hard to raise herself in bed, and when her mother was out her little sister was too small to be of much use in the way of raising her.

"When I was in the A— hospital, miss," said Ansell, "there was a capital thing hanging over my bed by which I could pull myself up."

"Yes, I know," said Maggie; "well, when we come and see you to-morrow, we may be able to bring you something which will answer the purpose equally well."

Of course I was curious to know what this was, and Maggie explained it to me as we walked back. We stopped at our village shop and Maggie bought there a few yards of the webbing used for waistbands of skirts. When we got home she took a piece of stout stick about nine inches long, and after covering it with some rags and cotton wool she sewed a piece of serge over it neatly, thus making a padded handle. She doubled her length of webbing, and passing the stick through the loop she sewed it firmly down close under the handle, thus forming a cross-

bar to the double lengths of webbing. The next day she fastened the ends to the iron-work at the foot of Ansell's bed, the length of the webbing being enough to admit of the handle lying close to her and being not too long to afford resistance when she wanted to pull herself up by it.



But to return to the screen. We really made rather a nice one from the old linen airer. We spinned the woodwork and then nailed some old damask that we found lying by and fortunately not moth-eaten, and we took it down in triumph to Ansell, who said it was even an improvement on the nail arrangement.

"A screen like that is often of the greatest use in a sick room," said Maggie; "for if not wanted to keep off draughts, it can be placed so as to screen off the wash-stand and anything that does not add to the beauty of the room, or else it can screen off the fire."



Aunt Elsie had not been feeling so well, so we deferred, at her own wish, transplanting her to her new quarters.

"I often wish that I understood all about making poultices and fomentations and things of that kind," I said, after our return from Ansell, and Maggie suggested an afternoon in the school-room and object-lessons.

"But I must take notes all the same," I said, "for I shall never remember when I want to use the things."

"Well, perhaps not at first," said Maggie, "but still you should master the quantities and methods to such an extent that if the doctor orders a poultice to be made that you can do it without referring even to your beloved note-book."

Certainly I thoroughly enjoyed that afternoon, and here is the result of it entered into my dear note-book.

#### LINSEED POULTICES.

These are made of crushed linseed. What is called linseed meal is not suitable for poultices, as it is merely oil-cake from which the grinding has extracted all the valuable oil, whereas the crushed linseed contains all the oil which is natural to the seed.

A bowl preferably metal with a handle and spatula or knife are necessary, as well as a board on which to spread the poultice; a deal table or drawing-board answers the purpose.

The first thing to do is to scald out the bowl with boiling water and then to pour in some fresh boiling water—enough to make the poultice—and the linseed is then sprinkled on the water while you stir quickly in one direction with the spatula. The right consistency is seen when the whole is blended into a smooth, soft mass.

The thickness of a poultice must be in proportion to its size and purpose. Medical poultices should be light, hot, soft and about half an inch thick, while surgical poultices should be as thin as you can make them.

When you have stirred the mass for a few seconds turn it out, and if properly blended it should come out of the basin without sticking to the sides.

Lint, warmed linen or tow which has been well teased out should be laid on the board and the poultice turned out upon it. Spread it quickly and evenly, dipping the spatula in hot water every now and then. Do not cover the whole of the lint, etc., but leave a margin an inch or less, this is turned over the edges.

If the poultice is not to go next to the skin, a single layer of soft muslin or net may be spread over the surface. Always test the heat of a poultice with the back of your hand before placing it on the patient. It should be applied as hot as it can be borne with comfort. Place some cotton-wool, lint or waterproof over it and keep the poultice in place by a binder or towel.

If you have to carry a poultice from one room to another do so between two very hot plates.

Always remove a poultice before it gets cold. If you have to put on fresh poultices every few hours do not remove the old one until the new one is ready. When the last one is removed a layer of warmed cotton wool should be put on in its place.

#### COMPOUND MUSTARD AND LINSEED POULTICE.

Two tablespoonfuls of mustard are put in the bowl and mixed until quite smooth with boiling water as it is poured in, the linseed being then added as if for an ordinary linseed poultice. The directions in the British Pharmacopœia order equal parts of linseed meal and mustard.

These poultices should be spread on cloth or brown paper, and a layer of muslin placed over them.

A strong mustard poultice must not be left on too long. There is a great difference in the delicacy of the skin in people. You can turn down a corner and see that no blisters are produced.

#### BREAD POULTICE.

The boiling water should be put in a basin already well scalded out, and coarse bread-crumbs from a stale loaf added to it and well stirred. Next cover up the basin and put it by the fire for a few minutes. Drain the water off, add fresh boiling water and then pour it away, after which you can spread and apply the poultice.

#### FOMENTATIONS.

The directions for these I copied from Maggie's note-book, and she told me that she had got the directions, which are excellent, from a manual of nursing, and had copied them for her own use before she ever did any fomentations practically.

"Fomentations have the same effect as poultices; they are lighter and more quickly prepared, but need to be changed every quarter of an hour. To prepare fomentations the following articles are required—

"A large metal bowl, a wringer, which is a small roller towel made of a yard and a half of waste, two sticks (hoop-sticks answer admirably), several fomentation flannels, each half a yard square (old pieces of blanket are better than new flannel) and a large metal saucepan of boiling water.

"In making a fomentation, the wringing sticks having been placed inside the wringer as far apart as they will lie, the flannel to be used for fomenting is spread between them.

"The central portion of the wringer, that enclosing the flannel, is then placed in the bowl (which has been previously heated) and boiling water is poured in until the bowl is three parts full. The fomentation is then partially wrung by twisting the sticks in contrary directions, so as to squeeze the flannel as dry as possible before it is taken out of the water. The wringer is next lifted out and the wringing is completed. When wrung the fomentation should be moist but not wet, or it will scald the patient. It should be shaken up, applied immediately, covered, first with a macintosh, then with two or three folds of flannel.

"Fomentations made with water in which poppy heads or camomile flowers, or both, have been boiled have a soothing effect, while fomentations sprinkled with a tablespoonful of common turpentine, or thirty or forty drops of spirits of turpentine are useful in severe cramp of the stomach and in cases of torpid liver for relieving pain and stimulating the inactive organ. The latter fomentation is called a turpentine stoup. Spongio piline answers rather better than flannel for medical fomentations; as being waterproof on one side, it maintains its high temperature for a longer period. It is wrung out in exactly the same way as flannel, but it is applied quite smooth. In some hospitals it is used, dry and warm, instead of macintosh and folds of flannel to cover fomentation flannels."

"I fancy I have heard of charcoal poultices," I said, when I had copied this from Maggie's book.

"Yes," said Maggie, "and if you like I can dictate to you how to make them."

"What are they used for?"

"They are used in many cases of offensive wounds or ulcers."

I headed my note

#### CHARCOAL POULTICES.

Take a teacupful of bread-crumbs and make a bread poultice with it. A quarter to half an ounce of finely powdered charcoal is gradually added and well mixed with it.

Sprinkle the surface of the poultice with finely powdered charcoal before applying it.

Another way—to add half an ounce of charcoal to four ounces of linseed meal and bread in equal parts.

"Are there any other things I could make a note of under this head?"

"Yes, you had better write down some hints as to the use and preparation of

#### "INHALATIONS.

"These mean the breathing in the vapour which rises from boiling water.

"You can get proper inhalers of various kinds, one of the simplest being an earthenware vessel, which has a mouthpiece and a tube which comes out from the side, so that air may be admitted. This vessel should be half filled by the removal of the mouthpiece, and then pouring in hot water containing whatever solution the doctor has ordered for inhalation. Another way is to fit a sponge into the mouthpiece and to pour the necessary number of drops upon it. If, however, you do not possess an inhaler you can use a jug with a wide mouth.

"Sometimes the steam is used alone, at others it is made stimulant, sedative or antiseptic by the addition of certain solutions to the water.

"Cover over the mouth of the jug with a towel and leave an aperture just large enough to admit the mouth and nostrils. Let the patient sit with his head bent over the jug and gradually bring the mouth near to the opening from whence the vapour is coming. He should breathe very quietly and quite naturally, and after seven or eight inspirations he should draw away his face for about half a minute and repeat the process. This he should go on doing for from fifteen to twenty minutes. Before going to bed is the best time for inhalations. If done in the daytime the person should avoid going out or into a cold room for some time afterwards."

"What is the real use of inhalations, Maggie?" I asked as I finished writing all she said.

"They are used for applying remedies to the air passages in laryngeal affections and in bronchitis and asthma, as well as sore throat and cough, to give relief from pain and difficulty in breathing."

In a few days Aunt Elsie was well enough to be removed, and certainly we girls had every reason to be pleased at her evident satisfaction with all we had done.

"I cannot help thinking that this room will help me to get better," said Aunt Elsie.

Jackson, the maid, had gone out of the room to fetch Aunt Elsie's dinner.

"I am so glad you like it, auntie dear," I said.

Certainly the room looked very much more cheerful than the one she had left, and sunshine was at that moment coming in through the window from which was a pretty view Aunt Elsie could enjoy on the days when she was able to be on the couch. Presently Jackson returned with the dinner, and I noticed that Maggie gave one of her sharp glances at the tray, on which was crowded a helping of meat and vegetables, a big jug of water, some pudding, a big butter-dish, a large salt-cellar, etc., and all arranged on what I noticed was a very tumbled cloth.

We left Aunt Elsie to have her dinner under Jackson's auspices, and as we left the room I asked Maggie frankly if she would tell me what was wrong.

"It seems like continual fault-finding," she answered.

"Not if you are giving me lessons and I am learning."

"Then I will tell you," she answered.

(To be continued.)



grey velvety substance are spreading everywhere, covered with drops of water which gives the specific name of "lacrymans" (weeping) to this most destructive fungus.

In the third order of fungi we find, beneath the pileus, spiny projections or teeth.

If we happen to light upon *Hydnum repandum*, a species not uncommon in woods and damp shady places, we can observe in it

a good specimen of this structure. Then, again we notice the curious *Clavarias*, mauve-coloured, white, yellow and bluish grey, which spring up on our lawns at this season. They dry very readily and form interesting subjects for a collection.

Pezizas are also worth searching for. I found a brilliant orange-coloured one on our common to-day and could not resist bringing it in, so as to watch it giving out its spores

when breathed upon. They are shot out like little jets of smoke, and it is amusing to see the fungus thus energetically sowing itself far and wide.

Any of my readers who may desire further information on this subject will find in Dr. M. C. Cooke's *British Fungi*, an excellent guide into this field of special study to which the specimens of to-day have drawn our attention.

## A MINISTERING ANGEL.

By JOSEPHA CRANE, Author of "Winifred's Home," etc.

### CHAPTER IV. SICK-ROOM MEALS.



"Now, Maggie, please go on," I said, "and tell me how a ministering angel, as you say I am going to be, should send up meals and all and everything about it."

"Well," said Maggie, "one thing to remember in starting, is that a large tray is very little heavier than a small one, and so there is less crowding of

what you place upon it. If you put a cushion under the tray of course it steadies it very much. In case of a chronic invalid I think it is very much better to have a small bed-table made."

"What are they like? I don't think I have ever seen one."

"Any village carpenter can make you one in deal, and you can stain it any wood tint you like. It stands on four short legs, a ledge runs round three sides of it so as to prevent what is placed on it from slipping off, and the fourth side is scooped out. You can place it on the bed with the legs on either side of the sick person's thighs, the hollowed out part making it comfortable for him. You need not put a tray upon it, but lay the cloth on the table itself."

"I will get one made for Aunt Elsie, and let her have it as a surprise on her birthday, which is a fortnight from to-day. But now please go on with the hints."

"Well, I think it is well to have everything as convenient as you can," said Maggie, "and consequently small things in the way of china are better than large."

"I suppose we have used what we had and not thought about it," I said.

"Yes, but really in any town you can get small articles that cost very little. A tiny creamer, a little tea-pot and small hot water jug, and small sugar-basin and salt-cellar. You can get many things in red glass which considerably lightens up a tray. A tiny plate or dish for butter is best and it looks much prettier if you make the butter into a few balls and put a spray of parsley on it, than to send up a piece cut off. I prefer a large tumbler for drinking out of as there is less chance of its contents being spilled, and for milk, an opaque glass is best."

"We can drive into Ancastle to-morrow and buy all these things; I know a shop where I am sure we shall be able to get them."

"Very well, that will be delightful. Then—well, it is always desirable to have quite a fresh napkin or cloth on the tray. I know one cannot be put on every time, but if the cloth is folded carefully and put under a weight, it will look fresh much longer than if this is not done. Everything on the tray should be spotless, and the knives and silver and glass brilliant."

"One cannot have small things for dinner as easily as for other meals," I remarked.

"You can get small vegetable dishes with partitions in them, and I think a hot water plate is nice for an invalid. The meat can be placed upon it, and then he can help himself from the vegetable dish, and I think it always looks more appetising than when helpings of different things are all placed on the one plate. About puddings, I think they are very much nicer if made in a small separate dish than if a helping is placed on a plate or a big pudding either whole or begun is sent up."

"Aunt Elsie would, I think, often like something in between her meals, but she gets tired of milk and beef tea, and really I cannot think of anything else."

"There are many little things that one can have by way of variety. By the way, beef tea is considered to be a very deceptive thing, much as it is used, for it is expensive and not particularly nutritious. If you want to make it really nourishing, a little prepared food such as Ridge's or Mellin's should be added to it."

"I never quite know if cook makes Aunt Elsie's beef tea properly," I remarked. "What is the right way?"

"I will go and fetch my note-book, and you can take down a few recipes which I copied verbatim from an excellent authority on invalid diet."

#### BEEF TEA.

Ingredients one pound of gravy beef.

Time required, about six hours.

One pound of gravy beef should be placed on a board, and minced up very finely, all the skin and fat being removed. The meat should then be put into a saucepan with a pint and a half of cold water, half a salt-spoonful of salt, and a little pepper. When just boiling, remove the saucepan to the side of the fire, and let it simmer gently for five or six hours with the lid on. Next pour off the beef-tea and let it get cold.

It is well to remove all fat from the beef-tea before warming it up for use. But it is better not to strain beef-tea, as this removes all the little brown particles which are most nutritious.

Another recipe given me by a friend is simply to put one pound of shin of beef cut small and the bones broken into a covered jar with one pint of water. Place this in a slow oven for four hours.

"Have you a recipe for chicken broth?"

"Yes, here it is."

#### CHICKEN BROTH.

Skin and chop up half an old fowl or chicken, then place it in a stewpan with a quart of water, adding a sprig of parsley, a bit of mace, a crust of bread, salt and pepper.

When sufficiently boiled take off the broth, strain it, and skim it when cool. It is stronger than any other meat tea.

"Do you like any of the beef essences?"

"Liebig is an excellent stimulant," answered Maggie; "but now for small meals. An egg

beaten up with brandy and milk is very acceptable to some people. It is much nicer if you put half a teaspoonful of hot water with the egg before adding the brandy and milk. A sandwich is also very tempting, but it must be very daintily made, the slices of bread very thin and the crust taken off. The meat is always nicer, especially if for a person of weak digestion and possessed of few teeth, if it is minced up, and a few drops of Liebig moisten it nicely. Some meat pounded in a mortar and after the gravy has been added served with some toast makes a nice little meal."

"Sometimes Aunt Elsie thinks milk does not agree with her, otherwise she likes it and it does."

"Milk is a perfect food and really contains all the nourishment required by the body, but there are many people who cannot take it cold or uncooked. If the milk is heated and thickened with arrowroot or powdered biscuit it is often found to be easily digested. Sometimes milk causes what is called 'sourness of the stomach,' and in this case a pinch of bicarbonate of soda should be added to each glass of it. If a third part of barley water is added to milk it makes a nice variety. Milk tea which some doctors recommend is made by using boiling milk instead of water when you are infusing the tea. A glass of good white wine added to a pint of boiling milk also makes a nice drink."

"Aunt Elsie is not dieted in any way," I said, "but as a rule what should one do about a patient's food?"

"Well, generally the doctor will give you definite instructions about it, and they must be strictly carried out, for on doing so sometimes the life of the patient depends. In fever and typhoid cases the diet usually is only liquid. Milk in these cases is generally ordered warm or cold, plain or diluted, and a quart in the twenty-four hours is considered sufficient to keep a person alive. Solid food that has been warmed after first being cooked should never be given to a sick person, but beef-tea or mutton or chicken broth can of course be reheated."

"What is the right thing about stimulants?"

"The doctor orders the quantity the patient is to take, and that amount should not be exceeded. Always measure the quantity, and do not dilute wine unless there is any difficulty experienced in swallowing. When wine or spirits have to be diluted water or milk is used, though seltzer water or apollinaris water are nice for diluting champagne."

"When people are very thirsty I suppose one can always let them have water."

"Yes, but it must be carefully filtered. There are many things also which quench thirst. I will tell you of some."

#### BARLEY WATER.

One quart of cold water should be added to one ounce of barley and boiled for about half an



hour. When strained it should be sweetened and a little lemon juice added to it. Milk used instead of water is more nourishing but not so effectual for quenching thirst.

#### TOAST AND WATER.

Take a slice of bread or a crust and brown it before the fire. Put it into a jug and pour a quart of cold water over it. Cover the jug and let it stand for quite half an hour before using it.

"In fever of course there is nothing like ice. You can get it in a block which is much better than several small pieces, and then take off a little at a time. You can break ice by a strong needle forced into it with your thumb. You can keep ice in an ice bowl by the patient's bedside. If you have not got such a thing, an excellent substitute is made by stretching a piece of flannel or lint over an ordinary bowl, and tying it tightly with an elastic band so as to have it quite stretched. The smooth side of the flannel or lint should be uppermost."

"Should one keep food in a sick person's room? I fancy I have heard that it was not good to do so."

"No, it should never be kept in the room or by the patient's bedside. It is a very unhealthy plan to begin with, and often has the effect of taking away a person's appetite. When a meal is over the tray containing the food or the bed table should be removed out of the room, and the next meal brought in freshly at the right time."

"How can one feed helpless people?"

"You should raise the patient gently by passing your left arm behind his shoulders, or by putting your hand behind the pillow and raising both the head and the pillow at the same time. You can do this with one hand while you give the food with the other, using a spoon or feeding cup. You should always put a towel under the patient's chin so that if anything drops the night dress may not be wetted, and it is well to wipe the mouth quite dry afterwards."

We went the next day to see Ansella, and found that Maggie's arrangement for her to pull herself up with was most successful.

"I can pull myself up quite comfortably, miss," said Ansella. "I only wish as I could stay so when I am going to have my meals, but my back do ache so, and the pillows aren't any support."

"No, I am afraid they are not," said Maggie. "Now, Nell, if you will help me we shall easily concoct a bed-rest."

Of course I was willing and eager to learn, and so I watched carefully to see what she did.

"Do you think there is any strong rope in the house?" asked Maggie.

"Yes, miss," said the little sister whose name we discovered was Janie. "There was a box come for mother from Ancastle yesterday, and it had a rope round it."

"Run and get it if you think we can have it," said Maggie, and the child obeyed.

Maggie took an ordinary chair and turning it upside down placed it behind Ansella whom I held up as she did so. Maggie put several pillows on it and Ansella pronounced it most comfortable. The rope Maggie had used for fastening the chair to the head rail of the bed.

"I was wanting to have my night-dress changed this morning," said Ansella, "but mother she had to go off early to the laundry and Janie can't help me with it. We tried, but, dearie me, she did pull me about so. I said, leave me be, Janie. I'll wait."

"Perhaps we could do it now for you," said Maggie.

"Well, I don't like to trouble you, miss," said Ansella.

"We shall like to make you more comfortable, and it will be no trouble," said Maggie. "Can you get the night-dress, Janie?"

"Yes, miss, it's airing by the kitchen fire."

"Well, see that it is quite aired and nice and warm," said Maggie, "and then roll it up and bring it to me."

And Janie ran off, soon reappearing with the night-dress, which felt, as Maggie told her, "as dry as a bone." And Janie beamed with delight at the praise. Both Maggie and I were amused to see how eagerly the little girl watched all we did and promised to learn so that she should be of more use to her sister than before.

"Now, Ansella," said Maggie, "I must draw the night-gown you have on quite up towards your shoulders, and see," she continued, suiting her curious actions to her words, "it can be done so nicely under the bedclothes without uncovering you at all."

"I can slip my arms out, miss, I think," said Ansella, and with Maggie's help she did so.

"Now, Nell, the clean night-dress," said Maggie, and I handed the article to her.

Maggie then put a big shawl over Ansella, for as she was sitting up the bed-clothes did not quite reach to her face, and drawing away the soiled night-dress over Ansella's head she quickly put the warm one over her. Then she helped her to slip her arms into it, and drew it down to the shoulders. Then she slipped it over her head and drew it down comfortably in place.

Ansella looked very nice and comfortable, but an expression of pain every now and then had not escaped Maggie's sharp eyes.

"Yes, miss," said Ansella, "I do suffer so at the bottom of my back, and my elbows, and there by the shoulder blades."

Maggie removed the bed-rest and quickly investigated matters, doing it all so quickly that Ansella was hardly uncovered at all.

"My dear, I must see to you, or else you will get quite sore places where the skin happily now is only red and tender," said Maggie.

"What can be done, miss?"

"Well, every day the places should be carefully washed with warm soap and water, and when they are quite dry, you should powder the place with oxide of zinc, equal parts, or else finely-powdered boracic acid. But there are many other things that can harden the skin wherever there is pressure. Rubbing the place with wine or eau de cologne is a good thing."

"We haven't either in the house, miss," said Ansella looking disappointed, "not to speak of them powders with the funny names you've just mentioned."

"No," said Maggie smiling, "but I think in spite of that that I shall find something. What is in that bottle? Is it the right label?"

"Yes, miss, it's the methylated spirit of wine. We use it for a spirit lamp," said Janie.

"That will do. It looks nice and clean. This hardens the skin," said Maggie, "and you or your mother should paint over the places on your sister every day and then powder it with common rice powder."

As we walked home I asked Maggie what should be done if the skin was broken.

"Zinc ointment is very healing," said Maggie, "but the art of a good nurse is to prevent bed sores, which are most troublesome things and extremely painful."

(To be continued.)

## OUR SUPPLEMENT STORY COMPETITION.

### LOVE AND WAR.

#### A STORY IN MINIATURE.

##### TO THE COMPETITORS.

MY DEAR GIRLS,—I am afraid you must have had some difficulty in summarising my little story, as forty-eight competitors have overstepped the limits prescribed by the Editor. Let me remind you also that misspelling and faulty punctuation put the writer at a serious disadvantage, and that very diminutive and close handwriting betray an inclination to elude the Editor's rule in regard to space.

This being said, let me now compliment you on the quality of the work that has been submitted to me. While scores of the papers beside me are marked G. and V. G. (good—very good), not one is marked V. B. (very bad).

Courage donc, en avant!

Your affectionate friend,

PATRICIA DILLON.

##### FIRST PRIZE ESSAY.

#### LOVE AND WAR.

MADAME DE LIGNY, having lost husband and daughter at one fatal blow, lives for 5 years in morbid seclusion at her ancestral Castle, "Les Tourettes." She then adopts Eileen, orphan child of her former Irish governess, and the little girl soon becomes an arch-favourite with the servants, especially the motherly house-keeper, Louise and the soft-hearted cook Augustin. Arthur de Ligny, son and heir of the Château, is a Cuirassier de la Garde Impériale. He and his mother are mutually devoted, but separated by the gloomy reserve which even Eileen's sunny presence cannot quite dispel from Madame de Ligny's mind. Arthur is kind to the pretty little stranger but she is afraid of his deep voice. Thanks to the timely suggestion of Louise, Fanchon Ledru becomes the playmate of Eileen. The sturdy, eleven-year-old peasant in Tourangele costume and already engaged to her André Moreau, is a complete revelation to the Irish child. Time passes, but at 18 Eileen is still a child in appearance, kept so by Madame's express desire, though Arthur considers that she ought to "come out" like other girls of her age and position. War is declared between France and Germany, and

##### FIRST PRIZE (£2 2s.).

Lucy Armstrong, Birkenhead.

##### SECOND PRIZE (£1 1s.).

"Shamrock," Dublin, Ireland.

##### THIRD PRIZE (10s. 6d.).

H. Cope, Liverpool.

##### HONOURABLE MENTION.

Eva Brown, Darlington; Alma Browning, Dartford; Nellie Cobham, Folkestone; L. A. Cooper, Ipswich; Elsie Maude Garnett, Burton-on-Trent; Margaret Christina Haynes, Bristol; C. M. Iggulden, Farnborough; Lorna Doone, Plumstead; "Lorna," Peebles, N.B.; Annie S. Murphy, Carlow; Janie Laughlin, Glasgow; Florence Moss, Peckham; "Pohsib," Reading; Ethel Risely, Peterborough; "White Heather," Edinburgh; Nora Wren, North Bow, E.



Oct. 30th. Louis XIII., 1610; Anne of Austria, Richelieu, Mazarin, the Fronde. Louis XIV., 1643., Maria Theresa of Spain La Vallière.

Nov. 6th. Louis XIV.; Madame de Montespan, Madame de Maintenon.

Nov. 20th. Palace of the Tuilleries, Versailles, Champs Elysées. Hotel des Invalides.

Dec. 4th. Louis XV., 1715; Marie Leczinska, daughter of Stanislas.

Dec. 18th. Administrative and judicial condition of France at the death of Louis XV.

Jan. 8th. Louis XVI., 1774. Marie Antoinette.

Jan. 22nd. Revolution of 1789. National Convention, political salon, Robespierre and Danton, Marat and Charlotte Corday. Louis XVII.

Feb. 5th. Republic 1792. First Empire, Napoleon I., 1804. Josephine and Marie Louise of Austria, King of Rome.

Feb. 19th. Restoration. Louis XVIII., 1814.

March 4th. Hundred days' war, Waterloo; Charles X., 1824. Marie Theresa of Savoy.

March 18th. Revolution of July. Louis Philippe, 1830. Republic 1848.

April 1st. Louis Napoleon III., 1852. Eugenie. *Coup d'état*. Second Empire.

April 8th. Third Republic, 1870. The presidents. Place de la Concorde.

April 15th. Present state of France, religious, political, social, financial, civil, artistic and educational. Boulevards.

I have given these plans and subjects of study, in order that my readers may see how thorough is the course; and how complete papers are written and read, and books consulted on all these topics; and in many cases, an appropriation of money is made from the club funds, to supply reference books on the topics for the year.

No article on this subject would be complete if I did not show you the most excellent and useful side of many of these clubs, that unite in furthering some stated object, philanthropic or social. For instance, the New Century Club of Philadelphia has a children's week in the country fund, a fresh air fund, a working

woman's guild, and a legal protection committee for the benefit of women. It has induced the municipality to supply police matrons, and has endowed several scholarships.

The Woman's Club of Johnsbury, Vermont, has supplied lawn seats for the public parks, watering troughs for the town, and several handsome drinking fountains. Many of the clubs interest themselves with educational movements, visit the schools, found kindergartens, cooking schools, and lectureships. Nearly all have some special end or aim that will help the national advance towards some important point. Many of them work in concert with some manly organisation, such as the Town Improvement Associations, which exist in nearly all American towns. One of these clubs has had cards printed and hung up in all the public schools of the state to help to make the boys good citizens, on which are printed all kinds of "Dont's." "Don't throw down banana nor orange skins in the street," or "Don't throw pieces of paper about," "Don't leave the yard untidy," or "Do bury all the old tin cans in a hole"—this last intimation showing that they have not taken to making tin soldiers and toys out of them as we have done in England. The high, towering vans which often pass one, filled to overflowing with old tins of all kinds, show to what an extent the collection goes on; and also how popular the tin toys have become. Still, the teaching of order and cleanliness is precisely what is needed for all children; and it is exactly what they do not obtain from any source, neither in school nor out of it. If we could only inaugurate something of the kind, it would indeed be well for us and ours.

Clubs, as we understand them in England, which have not only names, but local habitations, are not very numerous. Those we have been discussing are more what we should call by the name of societies, having, perchance, rooms for meeting, but no conveniences for feeding nor housing the members. This accounts for the smallness of the fees, and many of them meet at the houses of the members, all expense being thus avoided. But still,

the American club-woman does aspire to the acquirement of a club house ultimately, and some of the clubs are magnificently housed. The home of the Century Club of Philadelphia, cost £20,000, and its architect was a woman. The Literary Club of Grand Rapids, Michigan, saved the income from members' fees for eighteen years, and then built themselves a handsome home. The Ladies' Reading Club of Junction City, Kansas, has lately had a fine club house presented to it—the first instance in the United States Union of such a gift.

And now I must tell you how the women contrived, with very small means, to build their club house. The club in question is the New Century of Philadelphia, which began in 1876 with fifty members, and at present numbers six hundred. The entrance fee is £5 (\$25), and the annual subscription is \$10 (£2).

In 1890, a meeting of the club committee was held to endeavour to provide funds for a club house, and in order to do so, the members formed themselves into a company, got a charter, and fixed the capital stock at \$50,000, which was divided into one thousand shares of \$50 each. Not all club members need to be stockholders, but all stockholders must be members. And with the capital so raised, they proceeded to buy land, and build, the architects being women. The building is, of course, large, and contains a spacious and beautiful hall; the letting of which to the general public has proved so remunerative, that the club company declares dividends to the stockholders, and has created a reserve fund. Of course, this club contains a large proportion of wealthy members amongst its names, but neither the entrance fee, nor the yearly subscription are very large.

I must tell you, however, that the women of America believe in the mixed club; the voluntary union of the best mental and moral forces of men and women, working together; and consider that the millennium of club usefulness will have come, when there are neither men's clubs, nor women's, but united organisation for work and general usefulness.

## A MINISTERING ANGEL.

By JOSEPHA CRANE, Author of "Winifred's Home," etc.

### CHAPTER V.

BURNS AND SCALDS, BATHS, ETC.

"THERE are several other things one can do to prevent anyone who has to lie much in bed getting sore in those places where there is pressure," said Maggie. "Air cushions, those made with a centre hole are capital things, and then there is another plan. Get some old soft washed linen or cotton and make some round cushions, filling them with cotton wool or tow which has been finely drawn out. I like the round better than the square, and the chafed part can be allowed to come just in the middle space thus avoiding all pressure upon it."

"We can make some for Ansell," I said, and so we did.

On our return home from seeing her Maggie and I had another nursing talk over our tea.

"I think that pulley arrangement is a capital plan," I said. "I told Aunt Elsie about it and now she wants one."

"When people are inclined to slip down to the foot of the bed," said Maggie, "a very good plan is to raise the foot of the bed a little. You can get two blocks of wood a few inches high and have holes made in the middle for the castors of the legs of the bed under which you place them."

"That is a capital idea."

"Yes, it is not my own, I heard of it from a nurse," said Maggie. "By the way, Nell, it is well to remember that in cases of heart complaint the patient should not lie low, and you should be careful that they do not slip down during their sleep?"

"Why?"

"Because it makes it more difficult for them to breathe," said Maggie.

"I remember when Tom had typhoid fever he lay very flat."

"Yes, that was natural and could not hurt him. As a rule sick people choose their own position in bed, the best, and that in which he has most comfort and least pain."

"Sometimes the bed-clothes must be very heavy, or rather feel so," I said. "Father had rheumatic fever once, and he could hardly bear the weight of the clothes touching any painful part."

"Was anything done to relieve him?"

"Yes, mother told me that she stretched a piece of strong twine under the bed-clothes cornerways from the head to the foot of the bed, tying it round the knobs of the bed."

"What a good idea. Come, Nell, you are giving me a hint," said Maggie laughing.

"I remember mother said that the effect was

then just as if the clothes were hung on a line, and as the sides were well tucked in under the mattress it was a capital plan."

"In exchange for that I will tell you how to keep the weight of bed-clothes off a sprained ankle or leg. Can you guess?"

I shook my head.

"Cut a hole in a band-box or card-box, large enough to pass over the limb. This is a good plan in cases of burnt or scalded arms or hands."

"I am so glad that you have mentioned the words burn and scald, for I wanted very much to make a few notes in my book about them."

"Very well," said Maggie, and I wrote down what she said.

### BURNS.

These are caused by dry heat such as an explosion, or a person catching fire. The following simple rules must be observed.

Lay the person gently flat on the floor, for flames will only burn in an upward direction.

Roll the person on to the burning part of his clothes to extinguish the fire, and throw any article, such as a carpet, hearthrug, tablecloth or blanket over him. If nothing of the kind is at hand and cold water is, drench him with it.



Another excellent plan is if possible to seize on a covering of some kind, throw it over the burning person, envelope him in it and throw him down on the floor as gently as you can. This latter plan has the advantage that it prevents any chance of your own clothes catching on fire.

Never allow a person whose clothes are on fire to run about for a second.

The next thing to do is to remove the clothes, cutting them off with sharp scissors or a knife, and on no account pulling them.

If any part of the clothes sticks to the skin cut the clothes away carefully round it. Do not pull the stuff from where it is sticking.

Your great object is to keep the air from the burns. If the burn is a very slight one dust a little flour on it. Powdered chalk, arrowroot or starch answer as well. In severe cases lint soaked in sweet oil or butter answers better, but the best of all dressings is what is known as carron oil, which is only lime water and linseed oil mixed, the quantity of each being equal.

Never break the blisters which sometimes form, but prick them at the lowest part and leave the shrivelled skin. Do not cut it away.

Keep the patient warm by wrapping him in warm blankets and placing him near a fire or covered up in bed with hot bottles applied to his feet.

Give the patient warm drinks, such as hot spirits and water, hot tea or milk, or hot beef tea.

In all but very slight burns send at once for the doctor.

#### BURNS FROM STRONG CHEMICALS.

These are often caused by acids, such as oil of vitrol or sulphuric acid, aquafortis or nitric acid, carbolic acid, etc.

Alkalies such as caustic, potash or lime cause burns. You should remove the acid or alkali by drenching the part or person who is burnt with cold water.

Bathe the part with water mixed with lime or soda if the burn has been from an acid.

If the burn has been caused by an alkali bathe with vinegar and treat the patient as if for an ordinary burn.

#### SCALDS.

Scalds are usually the result of moist heat, such as boiling water, etc., being spilt on the person.

The same treatment as for burns.

The danger of burns and scalds is the extent of surface burnt and the shock to the patient.

"Now, Maggie, you must tell me about baths, for they are often ordered for the sick."

"Yes, and in illness they must never be given without a doctor's order."

"Very well, I will remember that. I do so love my tub that I feel for anyone who is deprived of it. But now, Maggie, my pencil is ready."

#### BATHS.

The temperatures of different kinds of baths are as follows:—

Cold bath	45° Fahr.	to	75° Fahr.
Tepid	85°	"	90°
Warm	90°	"	100°
Hot	100°	"	110°
Hot air	120°	"	140°
Vapour	110°	"	120°

In all cases the temperature should be tested by the thermometer and the bath if warm, hot or tepid should be prepared of a low temperature, the hot water being added so that the bath may not get cooler.

Unless a doctor says to the contrary a patient may stay in a hot or warm bath from half-an-hour to an hour. In some cases of eruptive fevers in the beginning of the disease, hot baths are ordered so that the rash may be developed by the action of the hot water, and generally the patient does not remain in

them longer than from ten to twenty minutes, the bath being kept at the given temperature the whole time by adding hot water. In doing this—adding hot water—be careful to pour it in at the side of the bath so as not to scald the patient. You should wrap the person in a blanket and let him stay in it when immersed in the bath. Then you should have two small blankets or bath towels which you have sewn together at one end, leaving enough room for the head to go through them, and have these very hot, so that you can wrap the person in it when he leaves the bath. Spread them lengthways, so a nurse advised me once, and I always do it over the bath, and the patient as he rises out of the water can pass his head through the aperture before he rises out of the water.

In ordinary cases, of course, it is a simpler matter, but it is always necessary to avoid chills, and if the weather is cold to give the bath, if possible, near a good fire, the towels, etc., always being well warmed.

Sometimes people, in taking a hot bath, are liable to get attacks of faintness so that if there is any danger of that they should not be left alone.

#### A FOOT-BATH.

Sometimes a mustard foot-bath is beneficial. The proper heat is 110° Fahr. and one ounce of mustard flour is enough. The patient should stay in it until there is a sensation of warm glow.

"There is another thing I have wanted to ask you, Maggie," I said when I had finished these notes, "and that is how to change the sheets for anyone who cannot sit up."

"You will find some directions copied into my little book," said Maggie, and so I entered them into mine.

#### CHANGING SHEETS.

If the patient can be turned from side to side, it is well to let him be right in the centre of the bed before you begin operations.

Next take the clean sheet that has been thoroughly aired and well warmed and roll it lengthwise until you have half the sheet in a tight roll. For this you need an assistant, and indeed to change sheets without someone to help you is almost impossible. Now stand at the right side of the patient and leave only one pillow or the bolster in its case under his head.

The sheet on which he is lying should then be rolled up, also lengthwise, and the roll brought up quite close to him.

Put the roll of the clean sheet close to the roll formed of the soiled one which will be nearly in the middle of the bed. You must turn the patient now very gently on to his left side, and whoever helps you should support him so placed as you rapidly roll up the soiled under sheet and unroll the clean one.

If you turn the patient again to the right side, you will find the two rolls of sheets quite free, so that you can draw away the soiled one and the fresh one be unrolled, and when smoothed out tucked in well under the mattress.

Sometimes the sick person cannot turn over in his bed, and in this case you proceed thus:—

Roll up the sheet from top to bottom, leaving sufficient unrolled to be tucked in at the head of the bed. Beginning at the head of the bed, you next roll up the sheet on which the patient is lying. The two rolls are then placed across the bed under the pillows and the two are gradually moved together towards the end of the bed. As you do this you roll up the soiled and unroll the clean sheet. If your assistant presses the mattresses down in the middle you can smooth the sheet down very easily.

"Are not water-beds used sometimes, Maggie?"

"Yes, if a person is likely to be kept a

very long time in bed, or if there is great danger of bed-sores a water-bed is excellent. You should put the water-bed first of all on the bedstead or palliasso and water of about 90° Fahr. be gradually poured in until it is about half full. The rest of the bed can be filled with air.

"Very great harm has been done by placing people on water-beds filled with cold water, and you should remember that when the weather is cold you should take out a pailful of it and substitute the same quantity of hot water, so that the temperature may be kept up.

"Always place a folded blanket over the water-bed before you make it, and it must be borne in mind that the water-bed should never be lifted with the water in it. Water-beds need careful handling as they are expensive things and very easily damaged."

"I suppose there never are water-pillows?" I inquired.

"Oh, yes, and they are filled in the same way. Air pillows are also excellent in many cases where down or feathers are too hot. By-the-way, Nell, when people are ill it is such a comfort to them and often promotes sleep to have two sets of pillows, one for day use and another for night."

"Yes, I shall remember that. I know when I have been ill sometimes the pillows never seemed to get cool."

"There is another matter about which I must tell you, and that is the draw-sheet," said Maggie.

"What is that?"

"In many cases of illness a draw-sheet must be used, so as to prevent the bed being soiled. You take a small sheet and fold it lengthways, two or three times, getting the depth sufficient to come from the middle of the sick person's back to his knees. Put it across the bed under the lower part of the person's body. If there is a macintosh under the draw-sheet, the latter should be about seven inches or so wider than the macintosh. The macintosh you must fasten securely at each side of the bed, using safety pins for the purpose. The draw-sheet should be tucked under the mattress firmly, and when soiled, the sheet should be drawn so that a fresh piece comes underneath the patient, and the soiled part should be rolled and pinned up. The sheet should be changed after it is soiled in several places."

I learnt a good deal from Maggie in various ways, and was delighted that her visit was extended, for father said he found there was so much more to do than he expected that he could not return home until February. He hoped Maggie would stay with me all that time, and she said she could and gladly would. I was so glad to have her, and Aunt Elsie declared that she did us all good.

The colour soon came into Maggie's cheeks, and she much enjoyed the long drives that we took in the fens. There was a great deal of wind certainly but it seemed to do her good.

When she got better she undertook to visit some sick cases in the village, and I used to go with her and learnt a good deal from her.

Ansella died just when the bitter frost came at the turn of the year.

Maggie talks of getting district work again, when she is really stronger, but she will not go yet, for the doctor advised her getting six months' complete rest if she could. As she does not actually depend upon her earnings for a living she can well spare the time.

It is lovely work, and the more I know of it the more I regret I cannot go in for regular training.

However what I have learnt so far will, I know, be useful to me.

One day, a week before father was expected and the day before Maggie left, we had a talk about the moral qualifications of a nurse.

(To be concluded.)



## A MINISTERING ANGEL.

By JOSEPHA CRANE, Author of "Winifred's Home," etc.

CHAPTER VI.  
THE TRUE NURSE.

MADE the following notes in my notebook and they are nearly in Maggie's words. I have classified them, as they may be of better use to anyone to whom I lend the book. Maggie says very truly that some

people are born nurses and have more natural aptitude than others for the work, but she quite agrees that people can study what are the qualifications of a good nurse and try and acquire them.

## OBEDIENCE.

Implicit obedience to the doctor's orders is absolutely necessary in a good nurse. Her duty as nurse is to carry out the doctor's orders, consequently she should never suggest treatment to him. She should write down after the doctor's visit all the directions which he has given concerning the patient.

Of course the nurse should ask the doctor if the patient may or may not do, or have anything in particular which he has desired or she thinks good for him. The doctor should always be told if for any good reason his orders have not been carried out to the letter. Sometimes circumstances arise in which this strict obedience is impossible, but these are rare. As a rule too a nurse should never use her own judgment and defy a medical order. The cases are few where her so doing would be right. If a nurse does not clearly understand a doctor's orders, she should ask him to explain them more fully and not chance the matter for fear of exposing her ignorance.

## WATCHFULNESS.

A nurse should watch the patient very carefully and note all changes, writing down anything of importance; but she should be careful not to let the patient know that he is being watched, as that is a most irritating sensation. She should leave written directions as to what is to be done and given to the patient with whoever she leaves in charge during the time when she is absent from the sick-room, and ask her substitute to make a note of any changes, the amount of sleep, food and medicine taken, if the patient has coughed much or little, etc.

## GENTLENESS.

This quality is most essential in a good nurse. Any roughness in manner or words are unpardonable however much she may be tried. If she has to do anything for the patient which gives him pain, her firm performance of what is necessary should not lessen her gentle manner, and without being silly or too obviously tender-hearted, she can show that she is sorry she has to hurt him. Whenever she can give in to a patient's little fancies it is well to do so, and the fact that she does this in matters of small moment will win his confidence and make it easy for her to get him to do what she wants at other times.

## COURTESY.

It is always necessary to be courteous to a sick person. Some people treat the patient, especially if he is old, as if he was a fool and they did not think it necessary to show him common civility. It is very trying for the sick person, be he young or old, to be ordered

about, and excepting in the case of children, from whom of course you have to exact obedience, you should make your patient obey while not letting him see that you are ruling him. Never show disgust, however painful may be what you have to do, and never appear reluctant to undertake any unpleasant office. To some people the great trial of illness is the being obliged to ask many services—often unpleasant ones—at the hands of others, and the nurse by her courteous ways and manner should lessen this trial to the patient. If she sees her Lord and Master in the sick person, it will soften much that is disagreeable, and lighten the performance of many duties which may be revolting, wearisome or troublesome.

## PUNCTUALITY.

This, which has been miscalled one of the minor virtues, is a major one in the sick-room. It is of the greatest importance that a nurse should give medicine at the right time, that she should get the patient's meals to the minute, and that she should, if she says she is going out for half an hour, not return in three-quarters or an hour.

## TACT.

The nurse should know when to speak and when to be silent. Some people like to be talked to, others prefer being left alone. The nurse when she does converse with her patient, should be bright and cheerful and select pleasant topics of conversation. To tell a nervous person about the latest railway accident or all about the funeral in the next road, shows as much want of tact as the descriptions some people are so ready to give of complaints, operations, etc.

Although hopeful in words and manner, still where the case is pronounced hopeless by the medical attendant, it is only well that the sick person should be told so. It does not often devolve upon the nurse to do this, but in some cases it does, and to keep the person in the dark concerning his state is often culpably wrong. When it is clearly her duty to tell him she should exercise tact as to the time and method of doing so.

## CONSIDERATION.

The consideration which a nurse should have for her patient simply means that she should endeavour to put herself in his place and do all in her power to save him from annoyance of every kind, and to do to him as she would be done by.

A considerate nurse never whispers in the sick-room, nor does she talk in low tones just outside his half-open bed-room door.

A considerate nurse will remember if she is going out to say so simply to the patient, adding how long she intends to be away. It will save him from wondering, speculating, and worrying during her absence.

It is always undesirable to discuss the patient or his treatment before him. The nurse should meet the doctor outside the sick-room and give her report. She should first of all answer all his questions and then give him any necessary particulars which her answers have not contained. She should then ask anything she needs to inquire.

A considerate nurse will not sit on the patient's bed, and she should never read out to him unless he asks her to do so. Any work that she does in the sick-room should be noiseless, and on no account should she turn over leaves noisily or read a newspaper, the crackling of which is most irritating to hear.

When she is not wanted the nurse should sit down quietly and not wander about the room. She should not consult the patient beforehand as to his food, but bring up what is ordered or by skilful questions find out his tastes. She should never taste the patient's food with the spoon he is going to use.

A nurse has often a good deal of trouble in settling the question of visitors. Here what is good for the individual as well as his own wishes in the matter must be consulted. Some people mope and get depressed if they do not see people; others like to have more society than is good for them, while many cannot bear visitors at all. If the latter come, however, they should never be admitted at meal-time. The afternoon is better than the morning for their visits, and they should sit where the patient can see them easily. If the illness is dangerous or infectious, the visitor should sit between the door and the bed and not between the fireplace and the bed. The reason of this is, that in the first-named position the current of air is from the door to the bed, and the guest gets nothing at all from the patient, whereas in the latter the air comes laden with the breath and any odour that may come from the patient or bed. The family of a sick person should always be considered by a good nurse. Although it is undoubted that in cases of illness there should be one individual to take the leadership in the sick-room and one or at most two people made responsible for the patient; still, where there is illness, various members of the family like to feel that they are helping, and very often the nurse quite forgets to consider them, causing to them a very great deal of needless suffering in consequence. The misery of feeling that someone loved is ill and that you cannot do anything for them is very great. A considerate nurse will make the family feel that each member is helping in some way or other. She will never forget to give messages; she will let the boys do errands for her; the girls help by taking a turn in the sick room if possible and doing various small things for the invalid, and no one will feel left out in the cold.

## CONSCIENTIOUSNESS.

This indeed is a very necessary virtue in a nurse. She ought to be actuated by high principles and ever remember the responsibility of her work. She should be loyal to the doctor and be strictly truthful. Should she ever forget to carry out any instruction she should honestly tell him of it. This loyalty to the medical man will prevent her from disparaging him, whatever may be her own private opinion of him. To attempt to weaken the patient's faith in his doctor is a very cruel thing to do, for belief in the doctor has a great deal to do with the medicine and treatment he prescribes being effectual.

## FORESIGHT AND METHOD.

A nurse should look ahead and have all she wants in the room, or the room adjoining, ready for when it is needed. When soda-water is wanted for example, is not the time to find out that it should have been ordered in the day before.

Before settling for the night, the nurse should have all she is likely to want at hand, for it is very disturbing to the patient to have to be going out of the room for various things.

## THE NURSE HERSELF.

Perfect cleanliness is absolutely indispensable in a nurse. She should keep herself



perfectly clean by a daily bath, or if that is impossible by washing herself all over—excepting her hair—daily. Her hair should be in order and her nails well kept. A nurse's dress ought to be of some washing material, but not much starched. She should wear shoes that do not make any noise, and never walk about a sick-room in heeled boots or shoes. Her walk should be firm and natural. To glide about the room or walk on tip-toe is most irritating.

A nurse should take care of her own health, as she will then be better able to perform her duty to the patient. She should have seven hours' consecutive sleep, if possible, not in the patient's room, and for that she should undress fully and get right into bed. Sleeping dressed is no rest at all, and the nurse will never rise fresh for her duties. An hour in the fresh air every day is also desirable for her to have.

The nurse should take sufficient food, and the amount of stimulant to which she is accustomed—if any—with it. Stimulants should never be taken in between meals or by way of a fillip when tired. Some food should always be taken in the night by any one who has to sit up at night, and beef-tea, tea, or coffee will be found most refreshing.

When father returned he seemed in very good spirits and had a great deal to tell me about America. Aunt Elsie was delighted to see him back again, and he was astonished at finding her so well. Certainly there was a great improvement in her since she had been moved into the brighter room and had all the small things for her comfort which Maggie thought of, and we together carried out for her. The bed-table had proved a very great comfort, and she now wondered how she had ever done without it. Father gave her a writing-pad as a present, with ink and all secured to it so that she could write her letters in comfort.

After a bit father told us that he was going to be married again, and that he was engaged to an American lady whom he had met in Chicago. We were all very pleased to hear it, and thought she looked charming from her photograph.

She came over to be married in London, and was staying with some cousins of hers. We all liked her, and then I told father, when they came back from their tour in Switzerland, of my wish to become a nurse. Father's marriage of course set me free to carry out my wish, and they both gave their sanction and approval. So I am going next winter to St. A.—'s to train, and I do hope I may succeed.

I think I shall like nursing very much, for although I know there will be a great deal that will be disagreeable, that I shall find much that I greatly care for. Maggie has married and gone out to India, where her husband's regiment is stationed, and she writes and tells me that she finds her knowledge of nursing most useful.

My ambition is to nurse the poor in their own homes as Maggie used to do. Many of them will not go to a hospital, and often the cases of illness are hardly serious enough for that; but it seems to me that this aspect of nursing is one of the most valuable. It is a great means to an end too, for as you help the poor in this practical way you get a hold over them and often have an opportunity of helping their souls as well as their bodies.

To relieve suffering is a noble work, and I do hope I may be able to do it and do it well. I shall try my best, not only for the scientific part of nursing, which I now see is a science and has to be learnt thoroughly and is most fascinating, but for the sake of Him who came to minister to the needs of others and who deigns to accept what is done to His poor suffering creatures as if done to Himself.

[THE END.]

## THE GROOVES OF CHANGE.

By H. LOUISA BEDFORD, Author of "Prue, the Poetess," "Mrs. Merriman's Godchild," etc.



CHAPTER VIII.  
T WAS July again, the time of summer and flowers, and with Monica Laing the unpleasant incidents of the night at the pantomime were almost forgotten. It was this faculty of being able

to forget all that was painful that possibly preserved the creamy softness of her skin—there was never a shadow of care in her large dreamy eyes, nor a wrinkle to be seen on her forehead. For a moment, perhaps, when she had read the list of those who had been injured in the crush, she had felt glad that her name did not figure among them, and then she had turned to smell the beautiful bouquet of flowers that had been left for her, and thanked the nameless sender. Was it David, or Mr. Dayrell, she wondered?

But that had been long ago. She was not thinking of that now as she sat again on the lawn at Boscombe Hall—her usual summer resort. It was a wonderful place for subjects for sketches. There was quite a goodly company at the Hall at present; Deborah and her mother were spending their holidays there, and the Professor and his wife thought that they could not do better than come down to this quiet old-world place for part of the summer vacation, and with them came a baby and a nurse, a baby that seemed to Deborah the most beautiful thing she had ever seen. She

would spend hours of every day with that baby, bribing the nurse occasionally to let her have it all to herself, so that gradually the baby earned the *sobriquet* of "Deborah's doll."

"I can't think what you find so charming in that small red thing in long clothes," said Monica, looking at Deborah as she sat on the grass by her side nursing the baby in question.

"It's so lovely and small, and so funny," explained Deborah; "and she's so good with me. It's ever so much better to play with her than it was to play with the doll Mr. David—I mean Mr. Russell, gave me years ago, when I was a little thing; only then, I remember, I used to pretend it was alive, and that it was you."

"Thank you for nothing! I hope I'm not like a doll. By the way, Mr. David, as you persist in calling him, is coming to-day, I believe."

"Oh," cried Deborah, in her excitement nearly dropping the baby, "how lovely! Aren't you glad?" and then she stopped short and coloured, feeling as if she had been guilty of impertinence, for nothing had ever happened after the night of the fire. No engagement had been declared, and Deborah sometimes wondered if she had dreamed that Mr. Russell had called Monica "darling."

There was not a shade of embarrassment in her manner now, as she burst into a little laugh.

"You are a queer enthusiastic child. I don't know that I am particularly glad. He is pleasant enough."

The speech grated on Deborah intolerably, and she rose and carried off the baby to the house, cooing at it as she went. On her way she met her

grandfather, and noticed with pain how feeble he was growing, and how his feet dragged occasionally in his walk, although he made a conscious effort to lift them. He stopped when he came up to her.

"Don't you waste a good deal of time over the child, my dear? Surely you have some holiday task that you ought to work at in the morning. Look at Miss Laing; she is nearly always at work and it is of the utmost importance that you get on. You are young and cannot, perhaps, realise how important it is that you make the best use of your opportunities."

"Yes, grandfather," said Deborah gently, tears rising to her eyes. "Perhaps I've forgotten for a day or two—since the baby came. It's so pretty and little; but I won't play with it any more in the morning. I'm trying to be clever; I am really."

A sad little smile played round Mr. Menzies' mouth.

"I think you are, my dear. Your report was a very high one, and perhaps I am too eager. I don't want to urge you beyond your strength, but you must not forget to do your best—for my sake and your mother's."

The old man made no reference to the son on whom his hopes had centred. The years passed on and Deborah's father seemed no nearer his goal. He came from time to time and went away again to "make his fortune," but all visible sign of that fortune was an occasional dribble of money that he sent home to his wife and daughter.

Deborah passed on to the house with self-reproach in her heart.

"You darling," she said; "you pretty little darling, I must not let you make