



THE BADIN METHODIST CHURCH, FAST NEARING COMPLETION

game was quite close between "Farmer" Scott and the "Canuck," although the "Canuck" came out in the lead. After dinner, everything passed off quietly. The trio, deciding on 6.00 a. m. as the best time to get up, retired early.

(To be Concluded)

Treatment of Influenza

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sit or lean on a patient's bed, and be careful not to knock against it in passing. Never rock in a sickroom. Keep door and window hinges well oiled, and do not allow them to bang.

To a patient in bed, nothing is more soothing or comforting than rubbing the body, especially the back. Alcohol or witchhazel is used for this purpose. Change the position of the pillows, and straighten the bed cover whenever it becomes disordered. Cleanse the mouth two or three times a day with some antiseptic solution.

To prepare a patient for the night, wash his face, arms, hands, and back with hot water. Rub his back with alcohol, and dust it with powder. Freshen his bed by shaking and turning the pillows, brushing out the crumbs, and straightening the top clothes. If the patient is restless after being "fixed up" for the night, a hot water bottle to his feet, or a hot drink, especially hot milk, will quiet him.

Patients are always worse at night, and sudden changes take place oftener

than in daytime; so they should be watched closely. If the temperature goes above 102½ degrees, a bath should be given the patient every four hours as long as it is above that point. The water should be about eighty-five degrees, and the bath should last for fifteen minutes. Have the room warm, and all windows and doors closed. The patient is covered with a blanket, and the top bed cover removed. Sponge the patient, one part at a time, under the blanket, and follow with a brisk rubbing with a bath towel. This will lower the temperature, and quiet the patient.

In giving the medicine, always give the dose on time, and read the label on the bottle before pouring it out. Always shake the bottle before pouring it out, and keep the bottle well corked.

We will not discuss the medical treatment of influenza, as that will be left to the doctor, but there are some simple home remedies that are of great service to the patient.

A chill is often the first symptom of influenza. The patient should be immediately put to bed, wrapped well, and hot water bottles or other hot substances put around him. Often hot drinks are beneficial.

For the nosebleed, there is not much that can be done, if it is severe, until the doctor arrives. The patient should be placed in a sitting position, and cold applied to the back of his neck, forehead, and bridge of his nose. If the bleeding becomes alarming, and if a doctor cannot be found, pack the nostrils

as tightly as possible with gauze or cotton. If the bleeding is coming from the front of the nose, this will stop it, but if it is coming from the back it will run down his throat, and the packing will have to be removed. Another good procedure is to put pressure against the base of the nostril, by placing two fingers beneath the upper lip, and pressing upward.

The vomiting is not usually troublesome, and can often be relieved by a mustard plaster over pit of stomach.

Should a convulsion occur, it would probably be due to high fever. It occurs most frequently in children, and is controlled by putting the child in a hot bath, temperature of water about 110 degrees.

The diet should be light, principally liquids, and should be given at regular intervals.

Under preventive treatment, we will consider first the rules to be observed in regard to the patient. The linen and utensils used by the patient, and the hands of the nurse after attending him, should be thoroughly disinfected. Soiled linen taken from the bed of the patient should be put in a tub containing disinfectant, and left there for thirty minutes. Carbolic acid and formaldehyde are the best disinfectants to use. The dishes and utensils can be put in these same solutions. When caring for a patient, the nurse should have her sleeves rolled up, and when she has finished she should immerse her hands in a disinfectant such as bichloride of mercury.

Everything in the room which will not be of service should be removed. After recovery, the room is fumigated with a formaldehyde candle, and kept closed for twelve hours.

The attendant should gargle her throat two or three times a day with some antiseptic gargle, and take a daily walk in the fresh air. It is best not to put the hands to the face while nursing.

Science as yet has not discovered a remedy or procedure that will prevent the well from taking influenza. If the above rules, as regards the patient and nurse, are carried out, the likelihood of contracting the disease will be greatly lessened, and the spread of the disease almost stopped. The two most important things for a normal individual to do are: To keep himself in the best of health, and to stay away from influenza patients.

You may ask how an individual may keep himself in the best of health. This