

Health Notes.

Dr. Simms says that a glass of water as hot as it can be borne, drunk just before sitting down at table, will cure the worst case of indigestion on earth.

Glonoin—nitro-glycerine—is obtaining celebrity in the homoeopathic school as a remedy for headaches of a certain character. The symptoms covered by Glonoin are "fulness, tension, throbbing." The drug is so powerful that it must be used only in infinitesimal doses. The dilution 6x is safe, speedy and effectual.

For the dyspeptic, the gouty, the bilious and the glycosuric individual (as well as the truly rheumatic, a small class), fruit stewed with an alkali, in the proportion of as much bicarbonate of potash as will lie upon a shilling to the pound of fruit when put in the oven, will be found, says Dr. J. M. Fothergill, both palatable and permissible. It saves the gastric acidity from the acetous fermentation of the sugar in the dyspeptic, or with the glycosuric relieves him from the excess of cane-sugar which disagrees with him. Where there is distinct gout, not only is fruit stewed with an alkali good and unobjectionable, but if it be prepared with the bicarbonate of potash, it is converted into a therapeutic agent of no mean value; while the resultant product is quite sweet enough for a palate which has outlived the "sweet tooth" period. The whole matter is a simple one, yet it seems to contain much promise for many persons.

In a sick room, especially if any delirium were present we found it a great mistake to tread on tiptoes, or to speak in whispers, or to discuss the patient's condition aside with her friends. We took care that our boots did not creak, and that our voices were never raised above the natural pitch; in fact, to be natural in voice and manner in a patient's room should be the great aim of a nurse. The continued sight of sickness and sorrow is very apt to give anyone who takes such things to heart a sad, oppressed, concerned expression, and a nurse should from the beginning struggle against allowing the face to take on this look, or she will find that by insensible degrees it will become permanent, and 'tis as good as a stimulant to sick people to see a bright, happy, helpful face, fresh from the outer world. Sick people, too, are quick to learn the changes in a face, and if the pulse thermometer or some symptom, perhaps, should denote a sudden change for the worse, we had to be most careful in not letting our faces be surprised into making the bad news apparent, and it was generally possible to do this without deceit, for it is a terrible mistake to lie to a patient, even though he should be delirious, and once a nurse makes this fatal error she rarely regains the confidence of the man she has deceived, for it is a strange fact that on recovering from his delirium a patient frequently remembers and never fails to resent the legends which have been told him in his time of wandering. In delirium, as in all troublesome stages of illness, we always tried to be reasonable as well as firm, and it generally ended in our having our own way with a patient, however "contrary" he might have been at first. But in truth our stock of patience was often almost exhausted before this object was attained.—THE SCIENCE AND ART OF NURSING, BY MRS. S. M. CAFFYN.

(FROM "WARNINGS TO HOUSEHOLDERS.")

HOW TO IMPROVISE A BATH.—To wash the body from head to foot every day is the one thing needful in respect to abolution for the pure sake of health. So says Dr. Richardson; and we need hardly say that we cordially agree with him, believing, as we do, that complete daily bodily cleansing is absolutely indispensable to perfect health. The process, adds Dr. Richardson, may be carried out as speedily as possible. Moreover, it may be carried out as cheaply as possible, and all hygienic advantages may be the same as if great expense had been incurred. A formal bath is actually not necessary. A shallow tub, or shallow metal bath, in which the bather can stand in front of his washhand basin; a good large sponge, a piece of plain soap, a large soft Turkish towel, and two

gallons of water are quite sufficient for all purposes of health. These small and useful baths are exceedingly cheap, and are thus constructed: The centre or well of the bath is about 12 in. in diameter, and about 9 in. deep. This centre is surrounded by a broad brim from 7 in. to 10 in. wide, which slopes towards the centre all round. In this bath the ablutionist can stand and pour as much water as would fill an ordinary cwer. He can wash himself from head to foot without wetting the floor, since the broad sloping margin of the bath catches the water.

THE BEST TIME FOR TAKING A BATH.—On this point there is considerable difference of opinion. The general idea is that the best and most convenient time for taking a bath is just after getting out of bed in the morning; and there can be no doubt that a cold bath then does act as an invigorating tonic to the system. Dr. Richardson, however, and other eminent authorities on hygiene maintain that this theory is incorrect, and that if for any reason it be impossible to carry out complete ablution twice a day, which is beyond question the best plan, then general ablution is best just before going to bed. 'There is no practice,' says Dr. Richardson, 'more objectionable than to go to bed closely wrapped up in the dust and dirt that accumulate on the surface of the body during the day; nor is there anything I know so conducive to sound sleep as a tepid douche just before getting into bed. I have many times known bad sleepers become the best of sleepers from adoption of this simple rule. If the body be well sponged over before going to bed, the morning ablution—though it is still better to carry it out—need not of necessity be so general; the face, neck, chest, arms and hands may be merely well sponged and washed at the morning ablution.'

CARPETS IN BEDROOMS.—It is a mistake to have the whole floor of a bedroom covered with a thick carpet; it only accumulates dirt and dust, and renders the room stuffy and close. Strips of carpet laid along the sides of the bedstead, in front of the toilet table, and wherever else they may be desirable, are far more convenient and conducive to health, for they can at any time, and the oftener the better, be taken up and well shaken without much trouble. The floor can then be constantly scrubbed and kept clean and dry. Perhaps a plan, which may commend itself to some householders as more eligible, is to have a square of carpet covering the entire centre of the room, but leaving a margin of three feet or more all round the room, between the edge of the carpet and the wainscoat. The floors may, with advantage, be bees-waxed and dry rubbed.

SYMPATHY WITH THE AFFLICTED.

Blest is the man whose generous heart
Feels all another's pain;
To whom the supplicating eye
Is never raised in vain;

Whose breast expands with generous warmth,
A brother's woes to feel,
And bleeds in pity o'er the wound
He wants the power to heal.

He spreads his kind, supporting arms
To every child of grief;
His secret bounty largely flows
And brings unmasked relief.

To gentle offices of love
His feet are never slow;
He views, through mercy's melting eye,
A brother in a foe.

Mrs. Barbauld.

The London 'Lancet' notes a very important new departure in medical science. Dr. de Watteville has been appointed physician at St. Mary's Hospital to the electro-therapeutic department. In other words, the most progressive and successful of the smaller London Hospitals has, after a long struggle, elevated electricity as a medical agent into the sphere of accepted and acknowledged science. The experiments of Dr. de Watteville with electricity were for a long time derided by the medical faculty, but now he is accepted as one of the highest authorities in all nervous diseases. He has been ten years in accomplishing this result.