

used to apply dressings, being cool and clean; muslin bandages, being stouter, are better for applying splints, etc., where support is required. The rules to be remembered in bandaging are: First, stand directly opposite the part to be bandaged and bandage away from yourself; second, bandage from the inner to the outer surface of a limb, and from below upward; third, fix the bandage with the first turn, cover with each subsequent turn two-thirds of a turn below; fourth, make no turn or knots over a bony prominence; fifth, unroll only the smallest portion of the bandage and keep the rolled portion firmly between the fingers and thumb; sixth, finish the bandage on the outside of a limb and use a safety-pin run through the long excess of the bandage. A body bandage is pinned in front, and a head bandage over the temple. There are different names for the bandages used for wounds on various parts of the body, as spiral, spiral reverse, figure eight, finger bandage, and others.

The nurse must know the symptoms of the different diseases. She must know their nature and how to relieve them. She should to a certain extent know the effects of the various medicines on the system, how and when to give temporary relief to her patients, and many other aids to the physician in charge.

It is the nurse's duty to see that the sick room or ward is kept scrupulously clean. It should be furnished with only such articles as are necessary. The bed should be of iron or brass and at least 25 inches from the floor. The hair mattress is the best, as it is more sanitary than any other. Clean white covers should be provided for tables and short white washable curtains for the windows. Sunshine and pure, fresh air should pervade the sick room at all times. The temperature should range from 60 to 70 degrees. All sweeping and dusting should be done in such a manner as not to raise a dust.

The dress of a nurse should be of cotton goods simply made and frequently laundered. Her appearance at all times must be clean and neat. She should be bright and cheerful in the sick room, for she should ever keep in mind that it is her duty to relieve suffering and comfort the sick.

Not fair alone in curve and line,
But something more and better,
The secret charm-eluding art,
Its spirit, not its letter;
An inborn grace that nothing lacks
Of culture, or appliance,
The warmth of genial courtesy,
The calm of self-reliance.

—Whittier.