

insert it within the spout, and fill up any remaining space with cotton wool. By this method, if a fairly strong wire be used, a spout three feet long or more may be made.

In houses where the hot-water supply is obtained solely from kettles boiled over a fire, a most useful possession in illness is one of the quick-boiling stoves sold by Frank Sale, of 131, Oxford Street, W. One with three wicks costs three and ninepence, and will boil a quart of water in seven minutes, while a three-gallon enamelled pail, covered by an enamelled plate—at an inclusive cost of eightpence—placed on such a stove, forms an admirable boiler, heating that quantity of water in a quarter of an hour.

In a carpeted bedroom, where there is no carpet sweeper, one of the "Baby Bissell's," sold for a shilling by the large stores, will be found a great boon.

During hot weather, when summer blankets are needful, and unobtainable, I have found that to substitute a light woollen shawl for the ordinary blanket gives great comfort—the best shawl of all for this purpose being a genuine Cashmere which has a curious light warmth all its own. There are many homes unable to afford summer blankets which can produce these luxuries in the shape of Indian shawls.

Another department in which makeshift in illness is so often necessary and valuable is in the realm of the mind. I have never found "the art of doing without" a beneficial one to patients. It is far better to provide effectual substitutes for all that is desirable, so that the sense of deprivation in the patient's mind is either eliminated or is pushed into the background. In illness suggestion becomes of immense value, and in a long convalescence may be a most important factor. I remember an old lady, suffering from heart trouble and unable to leave her room, who derived great pleasure from imaginary half-hour drives, which were arranged by placing her in an armchair, in a flood of sunshine falling through an open window, attired in her latest new bonnet, and with a sunshade to protect her eyes; while her daughter and nurse chatted out-of-door talk with her on the advancing spring in the adjacent lanes and woods. The illusion was good for all three. Similar "drives" proved of value in a long maternity case, where the patient's bed was daily wheeled across the room and close to a large open window, whence, sitting up, supported by a bed rest, she could look out over a five-mile expanse of a beautiful Devon valley shimmering under a midsummer sun.

To one whose hobby is gardening, an inexhaustible fund of interest may be supplied by despatching a few postcards with requests for the price lists of various large garden firms. To plan out an old-world garden gave many days' amusement to a patient who had no prospect of real gardening during that summer. I once nursed a friend through a three months' attack of erysipelas. As I was general servant as well as nurse she was left much alone. An unfailing interest for those occasions was supplied by a set of price lists of a large furnishing firm. My patient furnished completely, on paper, a moderate-sized house, and incidentally acquired considerable knowledge on the subject, which she later found very useful.

To those fond of travel, guide books and maps will supply many an hour's precious stimulation. To plan a tour is a beneficial proceeding, while many enjoy living again in retrospect some delightful piece of travel in the past. One patient, a youthful matron, found great solace in a long illness in going over the ground of her six weeks' honeymoon in Italy with the aid of diary and guide book. She gained rapidly under the influence of happy retrospect.

These are a few suggestions for some of the many exigencies of illness, often difficult to meet. There are many more which necessitate the use of simple carpentering tools. Every would-be nurse should acquire the ability for this, which she may easily do, seeing that the occult influence which bestows skill in surgical matters also gives dexterity in the use of all metal tools, from the needle upwards. Chamois housemaids' gloves are an adequate protection against injury to the hands.

As all good nurses know, each small comfort, or health factor, secured to the patient is an addition to the scale of life and health, while each discomfort, however silently and patiently borne, is thrown into the opposite side of the balance, and one cannot too fully realise that the best nursing consists chiefly in an enormous capacity for detail.

M. M. G. B.

INTERNATIONAL NEWS.

The Canadian Nurse is warmly in favour of organising a Canadian National Council of Nurses. In the October number, just to hand, it states: "We hope that within a few days after this issue is in the hands of our readers the Canadian National Council of Nurses will be a reality." We hope for the confirmation of this anticipation by an early mail.

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