

œsophagus into the stomach.' 'The extent of the mouth helps the digestion of food.' 'Nervous system a decided part of the body.' 'A young person who goes to parties and has great excitement has generally some brain trouble, such as St. Vitus dance.' 'It is far more reliable to drive out the fire of a room and put on extra clothing than it is to put on no clothing and sit in front of a burning fire.' 'Soap is important in carrying off the fat of the body.' 'What is eaten by the body has sometimes been taken as food.' 'The third cavity is the pelvis, which contains the vital organs.' 'In a diet of twenty-four hours a man should eat some of all the nutritious articles.' 'The first step in digestion is mastication and insalivation. Second, the muscles of the gullet.' 'A person is in fair health when he has the affinity to accommodate himself to change of climate and the ability to endure.' 'Respiration is the exchange of carboic acid for oxygen.' The substitution of carboic for carbonic acid is frequently met with. 'The times for bathing depend on the age of location of and heat of the individual.'

"These exercises may be thought amusing," says the English periodical already quoted, 'but it should be borne in mind that every word represents more or less pain to some unhappy child in endeavouring to recall ponderous words which were without meaning. Education in sanitary matters is desirable, but as it is conducted at present in public schools, it must injure children's minds by habituating them to the use of words which they cannot understand.'"

FLOTSAM AND JETSAM.

SOMETIMES, in the rare and valued leisure that comes, even in the *Hotel Dieu*, when beyond the haven of its gates we hear the restless ocean, swinging and surging in unceasing ebb and flow, our thoughts go back across those troubled billows, to the memory of some of the wayfarers on that dreary waste of waters which men call life—some whom changing tides and currents had swept up to our feet, to be helped and comforted awhile in that quiet harbour. "The short and simple annals of the poor" are not always the one or the other. Very tragic complications stand unseen by many a pillow, where Nurse's is the only hand to clasp, and hers the only voice to strengthen and console; when the dim valley of the shadow—soon to be trodden—lies darkly before a trembling pilgrim: and as for brevity, the "annals"—when related with valuable addenda of general information, ranging from the use and abuse of mottled soap for washing flannels, to the family history of the second cousin's niece who

inherited grandmother's picture Bible—are by no means the soul of wit.

Perhaps, all things considered, one likes the women's Wards the better, though the men were, as a whole, very good and cheerful, and the more ill they were, the better patients. Comparatively small ailments generally make them *very* sorry for themselves, while a serious case was most often a gentle and considerate one.

Place aux dames. There were many among the women of whom one became very fond, though some, it must be owned, were a little trying. But womanly sympathy gave a very wide limit to the fidgets, when one remembers what it means to the wife and mother to be in hospital. It is sad enough when the bread-winner is laid by; when the "missis" comes with the little ones on Sunday, and explains that the assets of the family prevent her appearance in the week; when she confides the clean garments and a friendly smile to Nurse, and wonders when the master will be at his work again; and Nurse wonders, when indeed—knowing that two or three months lie between the master and even a chair by the fire, and that his tools will be idle twice as long, perhaps. That is bad enough. But somehow it is harder to see the mother helpless; to know how the enforced idleness irks her; to see how often visiting day depresses and silences her so utterly, that her loquacious confidences with the "lady next bed but two" are hushed, and, *mirabile dictu*, the Doctor's questions about her family illnesses are answered categorically, without a passing allusion to the remarkable absence of two silver spoons for thirteen months, and the pattern of the parlour wall-paper in the old homestead that she has not seen for twenty years; but which facts, in conjunction with the one that the kitchen had three doors and a wash-house, and her father died at thirty-six, Nurse has gradually come to reckon as data wholly inseparable from the declining days of No. 18's forebears.

There is something truly pathetic in the glance I have seen many a decent, tidy woman throw over those she loved and toiled and cared for, beyond the harbour gates. She saw her husband unkempt and lonely; children coming each week less clean and orderly than last; stitches sadly wanting, buttons on prolonged leave of absence, strings hanging in single blessedness in the wrong place; the very baby, dependent on the attentions of a mature sister of eight, and the kindly help of the next-door neighbour with seven bairns of her own, is by no means the least sufferer; and worse than all, other more inward troubles flit before her eyes—not only the pots and pans half-cleaned, clothes ill-washed, boards unscrubbed, windows dim, but children it was her pride to keep trim

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