

manners, or immodesty of a Nurse may be a sore and steadily-increasing trial. To be more or less isolated for two months in a room with one constant attendant, however good, is hard enough for any one to endure; and certain quite small faults or defects in a Nurse may make her a serious impediment to the treatment, because no mere technical training will dispense, any more in the Nurse than in the physician, with those finer natural qualifications which make her training available. But one Nurse will suit one patient and not another, so that I never hesitate to change my Nurse if she does not fit the case." These are Dr. Mitchell's words, and certainly no one is better qualified to speak.

The daily visit from the doctor in charge brings with it encouragement, strength, perhaps a firm but gentle remonstrance, but never argument with the patient. The Nurse makes a note of all directions given, and shews the physician the schedule which is her guide in the performance of the duties of the day. If any omissions or irregularities have occurred, it is her duty to report upon them at that time, not, however, in the presence of the patient.

At another hour there is a visit from a physician who administers electricity, and at another hour there is a visit from the masseuse. Thus there are by day no long intervals in which the patient can grow lonely.

II.—CERTAIN FORMS OF DIET.

Early in the morning, on waking, there is given a glass of milk or cocoa, in some cases coffee. The patient is sponged after this, usually every day, but in some cases, where it seems to be fatiguing, only three times a week. Milk is not only the chief but for the first fortnight the only article of diet. It is given in small quantities and frequent intervals, and according to the plan of Dr. Karell of St. Petersburg.

The milk is kept with the greatest care in clean vessels. It is used skimmed, and is better if obtained from the cow twice a day. At first the skimming should be thorough, and it is therefore not desirable to have the rich milk of the Alderney cow.

At first the amount given is not over four ounces every two hours. The amount taken may be increased, but the interval may not be lengthened beyond three hours. The last glass of milk should be given at bed time, and if the patient be wakeful a glass may be left beside the bed, covered, so that it may be taken at night if awake. It may be administered either warm or cold.

In taking milk the patient does not drain the glass in a few draughts, but sips it in mouthfuls. Sometimes a trifle of tea or coffee or caramel is

used to flavor it if the taste is seriously objected to. But they are abandoned later. Lime-water may be used if acidity ensues. Sometimes a little barley-water or rice-water may be given with advantage. The patient, and I may add the Nurse, need not be disappointed if there should be a slight loss of weight at first. Patients have been weighed while undergoing treatment, but, of course, this is not practicable, as a rule.

Sleepiness may be present during the first week or two after the new aspect of the treatment has worn off. Constipation usually has to be treated with a gentle laxative. The frequent passage of urine must also be expected and need not excite comment by the Nurse. For constipation, a quarter of a grain of aloes and two grains of dried ox-gall may be given in a pill at night. The amount of milk taken in a day will run up from two to four quarts. After the tenth day malt is also given before meals. Johann Hoff's is advised, and the quantity should be from two to four ounces.

Many persons eat little because of the fatigue of feeding. If there is no exertion and the patient is fed by the nurse, much larger quantities than usual may be taken.

At the close of the first week of treatment, a pound of raw beef made into a soup may be given in addition to the milk. It is made by chopping up one pound of raw beef and placing it in a bottle with one pint of water and five drops of strong hydrochloric acid. This mixture stands all night, and in the morning the bottle is set in a pan of water at 110 deg. F., and kept two hours at about this temperature. Strain through a stout cloth and squeeze the mass till nearly dry. The resulting fluid is given in three portions daily. If the taste be objected to, the meat may be roasted a trifle on one side.

Alcohol is generally not essential excepting as found in the malt prescribed.

Iron is given to the anæmic in the form of sub-carbonate of iron or lactate of iron in doses of four to six grains. Sometimes five grains of pyrophosphate of iron may be added to the malt and it is not recognised by the patient.

When the patient begins to sit up, strychnine may be added with iron and arsenic.

III.—REST IN BED.

This will seem somewhat strange to those who have been accustomed to go about the house although in a languid manner. It will be far better also for invalids who recline on sofas and yet have not cared to relinquish all opportunity of seeing friends and hearing of the outer world. By going to bed in earnest and under no pretext walking

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