

provided for this, for a person who faints will fall down and soon recover if no one interferes. On the other hand, a person with an epileptic or cataleptic fit, indicated by convulsions and frothing at the mouth, ought to be propped up, so as to facilitate the flow of blood from the head to the lower parts of the body, which may be still further promoted by slapping the palms of the hands. Now, I cannot account for it, but the fact is that all ignorant people, in an emergency, reverse this treatment. A person who simply faints is carefully supported in a chair, and the face is plied with cold water applications, fanned, the result being that the fainting is prolonged. On the other hand, a man who drops in the street with epilepsy or catalepsy is invariably laid flat on his back, which in some cases is enough to kill him."

No nurse should be without lemons. Their uses are almost too many for enumeration, and in tropical weather they are quite indispensable.

The juice of a lemon, taken in hot water on waking in the morning, is an excellent liver corrective, and for stout women is better than any anti-fat medicine ever invented.

Glycerine and lemon-juice, half and half, on a bit of absorbent cotton, is the best thing in the world wherewith to moisten the lips and tongue of a fever-parched patient.

A dash of lemon-juice in plain water is an excellent tooth-wash. It not only removes tartar, but sweetens the breath.

A teaspoonful of the juice in a small cup of black coffee will almost certainly relieve a bilious headache.

The finest of manicure acids is made by putting a teaspoonful of lemon-juice in a cupful of warm water. This removes most stains from the fingers and nails, and loosens the cuticle more satisfactorily than can be done by the use of a sharp instrument.

Lemon-juice and salt will remove rust stains from linen without injury to the fabric. Wet the stains with the mixture and put the article in the sun. Two or three applications may be necessary if the stain is of long standing, but the remedy never fails.

Lemon-juice (outward application) will allay the irritation caused by the bites of gnats or flies.

Lemon peel (and also orange) should be all saved and dried. They are a capital substitute for kindling wood. A handful will revive a dying fire.

Two or three slices of lemon in a cup of strong tea will cure a nervous headache.

Lemon-juice removes stains from the hands.

The natives of India clean brass trays, Indian and Moorish brass work, pipe stands, and all such things with a cut lemon. Wipe afterwards with a leather.

Fill a wide-mouthed pint bottle half full of brandy, and whenever you have bits of waste lemon rind, pare the yellow part thin, and drop it into the bottle. A few drops make an excellent flavouring for tarts, custards, blancmanges, etc.

We lately published a characteristic portrait of Miss G. Kinnear Adams, the very able Lady Superintendent of the Ruchill Fever Hospital, at Glasgow, when she became a member of the Matrons' Council, and the following glimpse of the visits of friends on Sunday morning to dear ones being cared for at this beautiful hospital, appeared lately in the local press.

To certain sections of the community, the early part of the Sabbath is the most stirring period in the whole week. The patients, young and old, confined in the city hospitals and infirmaries are all eagerness for the visits of their friends, and their friends themselves are, if possible, even more alert. Feeling on both sides is more peculiarly touched where infectious troubles prevent their seeing each other, and, in convalescence, their direct intercourse.

A visit to Ruchill Fever Hospital on Sabbath about noon will abundantly convince anyone that this is so, and furnish new evidence that one-half the city does not know how the other half lives. Taking the Govan to Possilpark car from the centre of the city the visitor finds himself in fifteen minutes at Possilpark, surveying what appears to be a model village, with a lofty square tower in the centre. The main erections consist of over 20 blocks of buildings of red stone, and cover a large area. Standing on the slope of a hill they present a strikingly handsome appearance. The only entrance is on the north side, and here about noon a goodly number of visitors assemble.

When the hour arrives the gate is opened, and those provided with admission cards allowed to enter. Several steep flights of stairs in the face of the hill intervene between the gate and the inquiry-room. This room has a plentiful supply of seats, and might serve as a well-equipped church hall. Along one end of the room and part of the two sides runs a slightly-raised gallery, surmounted by a wooden partition divided off into window-like openings. Each opening bears a number corresponding to the number of a ward, and guides the visitor to the nurse in charge of the patient he is interested in.

Nearly 200 persons are here, representing many classes. Gentlemanly-attired persons, in tall hats, fine linen, and gold rings; plainer people, in

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