

nurse should see to it that there are fire-bricks handy so as to be able to regulate the heat. No room should get hotter than 65 deg. Fahr. and if 60 deg. Fahr. can be maintained that is the ideal temperature. Your bed should run on big rubber castors, so that it can be moved quickly and noiselessly all over the room. If the patient gets up during the day an excellent plan for the rest hours, is the one suggested by Doremberg in his "Traitement de la Phthisie Pulmonaire." A large beach chair of wicker work is procured such as is seen in our fashionable sea-side resorts. Remove seat and line inner walls with padding. Place a reclining chair, any ordinary steamer's chair will do, with its back in the interior, and arrange the whole so that the patient is protected from wind and sun, whilst surrounded with pure air. A little table by the side and you have an ideal arrangement for hours or days of rest, the obvious advantage being that you can shift the whole thing so easily, and so obtain a little change of surroundings.

Clothing, whether of bed or person, should be of light woollen material. Patients must never have heavy weights on them, yet must never suffer chill. If living out of doors rubber hot-water bottles are a necessity to ensure against cold feet, and the nurse must remember that when she is nice and warm bustling about, the poor patient may be shivering with cold sitting still. For women who are up and dressed the nurse should urge the Lady Harborton or Jenette Miller system of clothing. Garments according to this system are so fashioned as to follow the symmetrical lines of the form, and when possible are made of one piece. Each limb is properly clothed in its turn. The undergarment is made in one piece, no

bands round waist at all, thus promoting abdominal breathing, which in reality is as natural to women as men. Next to this union suit, as it is called, a "chemilette" is worn, made on the same principle, but lighter and looser. The third is "leglette," a divided skirt and waist attached which gives the wearer comfort and freedom of motion. The outside dresses are made as much as possible in the styles in vogue, but never with trains, and in them all are preserved the physiological features of female form. The garments are so arranged

that all their weight is supported by the shoulders and no weight is brought to bear on any vital organ in thorax or abdomen. No tight shoes should ever be worn. Needless to add that the nurse must see to the personal hygiene of the body, since that is always part of her duties whether the disease be tubercular or otherwise. It may be necessary to hint, however, that more attention should be given to mouth and teeth than in ordinary life, and hands should always be washed before every meal.

2. *Diet and Treatment* come next on our list. With regard to latter the doctor will regulate it entirely, but the nurse will have to see it is rigorously observed. Probably an immense amount of tact will be necessary too, since

private patients are apt to "kick" at rule and regulation, so important a part of this "cure." A bright, capable nurse will have to so diversify the same old rules and hours that the patient may be humbugged into believing the rule has been relaxed. She must guard against dull mopingness as against the evil one if good results are to be obtained. The weekly weighing must be made a matter of joke if patients lose, or real congratulation if they gain. The system is to infuse the patients with the idea



Windows Opening Outwards, Sanatorium Pattern.

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