

that they are pursuing their own cure mainly through their own efforts, to take an intelligent interest in their own case without becoming morbid or neurotic. Temperature, pulse, and respiration should be taken at least three times a day, and oftener as the doctor may desire. Rest and exercise are matters for the doctor to adjudicate upon, the nurse must only see his orders are faithfully and intelligently carried out. The diet! ah, this terrible bugbear of all small households. There can be no manner of doubt that the ideal consumptives' nurse should be a bit of a cook as well, but, lest this dictum be too hard, let her remember that cookery books exist mainly for the ignorant. By means of these she may at least tell others what to do to make the routine of everlasting milk and fatty foods a little varied and palatable.

Now, as to the third and last division of necessary care of a tubercular patient suffering from lung disease.

The risk to others, and, indeed, if care be not taken, the risk of re-infection to the patients themselves.

*Expectoration.*—The very simplest method of obviating the risk of dried particles of sputum, full of microbes, being spread about, is undoubtedly the pocket flask. Indeed, by some authorities—viz., Knopf—it is considered the ideal method. Made of dark blue glass, about four inches long and six inches in circumference, with a rubber cork attached, this little flask can be kept in the pocket and used quite unobtrusively. If patients fear the susceptibilities of friends, a washable covering may be made that absolutely hides any unpleasant suggestion of its use. In place of a handkerchief Japanese paper squares should be used and burnt immediately.

When it is remembered that infection can be

carried in matter only large enough to cover the point of a pin, it will be seen that no too great care can be exercised on this matter. Close contact with patients is undesirable, and no one suffering from pulmonary phthisis should be allowed to kiss others, more especially little children. The nurse in charge of a phthisical patient must never forget her responsibilities as guardian of public health. It may rest with her to educate the friends as to necessary precautions, and though unpleasant details should be tactfully represented, they should be firmly

insisted on. The earth closet in use at most sanatoria is the simplest method of dealing with the evacuations. Table crockery and other utensils used by a phthisical patient should be kept strictly for his use. The pocket flask should be boiled night and morning, the contents having been previously burnt. And now a final word as to the moral suasion in dealing with these sorrowfully protracted cases. Nurses have been known to stigmatise the nursing of consumptive cases as "dull," "so chronic!" Alas! if being chronic is dull this objection meets the case only too truly. But would the nurse herself, if she were walking along a road that could but lead to a precipice, find "dull" quite the term that is applicable? And nothing she may do, no pains

she may take, can be too great if by the doing she may relieve the tedium of what can hardly fail to be a long and wearisome treatment. The effect of such a cure, such a constant supplying of ease and comfort to the body may easily end in demoralisation and hurt to the soul. To the nurse is given that highest of man's responsibilities, the care and welfare of her fellow-man. A bracing tender sympathy, an untiring uplifting of the whole course alone can render the aid it is her



Beach Chair and Reclining Chair  
Combined.

[previous page](#)

[next page](#)