

must battle—this and diseases arising from prolonged indigestion.

"The men," Mrs. Swaffield related, "go away in the winter for four months at a time, and the women, left here by themselves, have nothing else but the work I give them to do. So I combine finding something for these, as pastime, with my other duties.

"I am trying to teach them to be opposed to receiving charity, and so pay them for work on clothing, which can be sold to fishermen or trappers, or on souvenirs, to be taken away by the mail-boat. But starvation hugs them pretty close; sometimes a family will get but three *tierce* of fish a year, and this means but fifteen dollars a *tierce*, out here. Again, in seasons, a man's codfish trap, the labour of many months, will be spoiled, and he gets none at all.

"So, half-starved before their pride lets them come for aid, these drop in, and often they are sick and we nurse them."

In her cosy little parlour, Mrs. Swaffield showed a photo of another patient. The man was carrying a gun to the boat, to be off on a hunting expedition, when it went off accidentally, hitting him in an artery. He was taken to the Men's House of the post, and there she nursed him till exhausted, when she let the man's wife take turn. This one, however, soon forgot the seriousness of the art of nursing, and, while off her guard, the man bled to death.

Still, the patient was perhaps better off in his grave than he would have been a one-armed man, in this land where with two stout arms it is hard to exist.

What Mrs. Swaffield's service means is best explained by noting another grave in the same little post burying-ground. This is of a boy of about fourteen-and-a-half, who was likewise shot, accidentally, and who bled to death, through the ignorance of the first principles of nursing on the part of his well-meaning parents. These did not even be-think themselves of tying the bleeding artery.

Yonder lies a man who was drowned to death; there are often cases of partial drowning brought these post nurses for resuscitation.

And, again, they point out the grave of an old man, whose story, particularly sad, shows, again, what the dogs bring to these post-nurses. The man in question set out from the post here, in the fall, with provisions for the winter. Disappearing into the forest and brush, he was never seen again. The next spring some of the Company dogs found his bones, and were devouring these on the beach, when someone noticed a ring, I believe it was, on them. So

they were rescued, and others traced and buried.

That, of course, is but one of the many cases where dogs have attacked and mutilated their drivers.

Round the bay, at Cartwright, there are, perhaps, two hundred different people to whom the knowledge of the nurse at the post itself is like a lighthouse to mariners on angry seas and rocks. In the wilderness, Indians, trappers, and the like, too, have long since passed the word, and it is known away back in the no-man's-land, which is not even charted.

So, when men get sick, their comrades will take turns hauling them from telt to telt and eluding-house to shanty, till they come in to the kind mercies of the self-imposed angel of the lone trading-post.

OUR PRIZE COMPETITION.

We have pleasure in awarding the prize this week to Miss Emily Marshall, 123, New Bond Street, London, W., for her article on the question:—

MENTION SOME IMPORTANT POINTS TO REMEMBER WHEN GIVING LAVAGE.

Some of the important points to remember are:—

- 1.—Perfect sterilization of instruments, syringes and utensils.
- 2.—Absolute cleanliness, especially of parts at point of entrance.
- 3.—Correct temperature and consistency of solutions.
- 4.—Oiling of nozzles, &c., and expelling air before insertion.
- 5.—A clear knowledge of the parts requiring lavage.
- 6.—Special care of the hands.

Lavage may consist in washing out the stomach, the bowels, the bladder, the womb, or syringing the throat, nose or ears. Great care in each case is necessary, and all appliances used must be carefully cleaned and sterilized. The patient also requires careful attention, the skin washed well, and special care given to parts at point of entrance, such as the anus, the vagina and urethral orifice. The position of the patient must also be considered. For instance, when giving an enema, place the patient on the left side with knees drawn up. The nozzle of the syringe must be well oiled and all air expelled from the tubing before it is inserted; the injection should be given slowly and gently and in many cases the fluid is syphoned in.

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