

thick blanket is now put on the bed and upon that a large linen sheet, which has been wrung out of cold water as dry as possible. The patient is then stripped and placed upon the wet sheet, which is folded over and tucked well under the shoulders and body, so has to cover him from neck downwards. The blanket is then drawn over the sheet and tucked under the patient on both sides, the sheet and blanket in a like manner are passed around the feet of the patient and three or four blankets put over the whole and pressed down at the sides. Time half-an-hour generally repeated every three or four hours in fevers. When the pack is removed the patient should be quickly sponged with warm water, dried and then wrapped in a dry warm blanket for some hours.

MRS. C. SKENE-KEITH :—

A cold wet pack is used to reduce temperature in fever, or to promote free perspiration and sleep. A waterproof sheet with a dry blanket should be placed between the patient and the mattress, to keep the bed dry. The patient is then stripped and wrapped in a sheet, previously wrung out in cold water, folded lengthways, with the edges towards the middle, which is closely adapted all over the patient, under the blanket, of course, not his head. Then the dry blanket is tucked round him. Care must be taken to avoid a chill after the pack is removed, so the patient should be wrapped in a dry blanket for an hour or two, then rubbed dry with a warm towel.

MISS E. GOSLING, M.R.B.N.A. :—

Have ready seven or eight blankets, according to thickness; a heavy, twilled sheet, and cold or iced water. Prepare patient by removing under-sheet and putting a blanket in its place; take off nightgown and upper sheet if any; envelope patient in wet sheet, arms extended; apply extra blanket at the end of half-an-hour; remove wet sheet, also damp blankets, next to patient; rub dry with *hot* towels; put on nightgown; remove extra blankets cautiously, one at a time.

MISS MARION MOWBRAY, M.R.B.N.A. :—

Strip the bed of the top clothes as far as the bottom sheet, spread a waterproof sheeting, a thick blanket, and a linen sheet (wrung out in cold water over the bed). The patient, stripped of his clothes, is put on the sheet, which must be well wrapped round him. Four or five blankets are then placed on the top of him, and well tucked round, so that his head is only visible. He remains like this for half-an-hour or more, according to the Doctor's orders. On being taken out of the pack, sponge the patient's body

with tepid water, well dry him, and wrap him in a warm blanket, and put him back to bed.

NURSE LYALLA :—

When a cold pack is ordered, spread a mackintosh over the bed; next this a blanket. Patient to be stripped, and a sheet wrung out of iced water wrapped round him. This must be renewed very often, as it soon becomes warm; but to avoid over-fatigue to the patient, the sheet may be kept wet by spraying iced water from a watering-can. Temperature to be taken now and again till reduced to normal.

THE VICAR'S DAUGHTER.*

An Autobiographical Story.

BY GEORGE MACDONALD, LL.D.,

Author of "David Elginbrod," "Alec Forbes," "Within and Without," "Malcolm," &c.

CHAPTER XVIII.—MISS CLARE.

OF course, my husband and I talked a good deal more about what I ought to have done, and I saw clearly enough that I ought to have run any risk there might be in accepting her invitation. I had been foolishly taking more care of myself than was necessary. I told him I would write to Roger and ask him when he could take me there again.

"I will tell you a better plan," he said. "I will go with you myself. And that will get rid of half the awkwardness there would be if you went with Roger, and after having with him refused to go in."

"But would that be fair to Roger? She would think I didn't like going with him, and I would go with Roger anywhere. It was I who did not want to go. He did."

"My plan, however, will pave the way for a full explanation—or confession rather, I suppose it will turn out to be. I know you are burning to make it—with your mania for confessing your faults."

I know he did not like me the worse for that *mania*, though.

"The next time," he added, "you can go with Roger, always supposing you should feel inclined to continue the acquaintance, and then you will be able to set him right in her eyes."

The plan seemed unobjectionable. But just then Percivale was very busy, and I being almost as much occupied with my baby as he with his, day after day and week after week passed, during

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