

blossoming, nor in the approbation of the multitude; they lie struck deep in the thought, imagination, inspiration, will and sacrifice of the early sculptors. And what of them? Have they not the great Platonic reward that they have done something to bring about ordered, harmonised development, and a contentment too, that "Good go bravely through the world at last, what care through thee or me." For those who follow them, there is Aladdin's lamp, leading always on to the "bourne," the vision that calls them to carve ever with courage and with truth.

OUR PRIZE COMPETITION.

GIVE THE HYGIENE OF A SICK ROOM IN A PRIVATE HOUSE, STATING THE NECESSARY PRECAUTIONS TO BE TAKEN IF THE PATIENT SHOULD BE SUFFERING FROM AN INFECTIOUS DISEASE.

We have pleasure in awarding the prize this month to Miss Eliza Mary Robertson, F.B.C.N., Hazel Bank, Paton's Lane, Dundee, Forfar.

PRIZE PAPER.

The hygienic sick room in a private house should be, if possible, a large apartment with south or south-west aspect, and as far as possible from outside noises and the scene of daily domestic duties, with fittings in working order, windows that open and shut easily, properly fitting blinds, a fireplace, and a chimney that does not smoke, a door with well oiled hinges and a handle that can be turned quietly. Another communicating room would be an aid to ventilating that of the patient's.

A prejudice against "fresh air" must be contended with sometimes but can usually be successfully done by carefully guarding patient against draughts and chills.

Unless during hot weather when windows and doors all over the house are kept open, the door of the sick room cannot be counted on for ventilation, so, unless there are ventilators, the window is the only channel by which fresh air can be introduced. Unless too much noise and cold is admitted by the window it should be kept open slightly from the top—or the lower sash may be left raised with a long piece of wood closely fitting between it and the sill—or, better still, if the sill is deep enough, the sash may be raised until its lower margin is just covered by the upper edge of the sill, thus, through the space left between the sashes in the middle of the window the air enters in an upward direction and passes over the room without causing draught.

A burning fire, no matter how small, will produce sufficient heat in the chimney to start an upward current which will draw away some impure air from the room.

To keep the atmosphere pure and the temperature about 58 deg. F. the window must be opened wide at least once a day and the air thoroughly circulated. During this operation the patient will be protected suitably with cover, screen, hot-water bottle or stronger fire.

The introduction of sunshine and light is good, but by blinds and position of bed avoid glare on patient's eyes.

Though not devoid of personal touches and homeliness, noise and disturbance of unnecessary cleaning must be avoided by tactfully removing stuffy, useless and overcrowded articles. Rugs should be removed outside

and shaken. Carpet, already well laid and clean, or polished floor wiped with a damp cloth, and afterwards rubbed well with a dry woollen one every morning. And once a week the carpet thoroughly swept.

The bed, a single one, placed so that patient can be easily reached from either side. All soiled linen, dressings, excreta and dirty dishes instantly removed from bedroom and no food kept there.

Patient's likes and dislikes considered, but quantities heavily scented, faded or withered flowers should be forbidden. The flower vases cleaned, filled daily with fresh water, and every evening all flowers and plants removed.

In the case of a sick room where a patient is suffering from an infectious disease every precaution should be taken to prevent germs and infected air passing from the room to other parts of the house, by having a large room, with free and constant ventilation, situated next a bathroom and lavatory, at the far end of corridor, passage or landing from remainder of house, with door leading to same kept shut, and a damp carbolic sheet hung outside its entrance (between it and remainder of house) and kept constantly wet with carbolic solution by some one at the non-infectious side. Nothing from the infected room should pass this door and sheet, but be passed directly into the fresh air through the window.

The attendant should get all the fresh air she can, never eat food in the room, keep her finger nails short, never omit to use the nail brush before meals, keep her hair well covered and wear garments only that can be boiled.

All dishes, etc., used for patient must be kept for him only, washed in room, boiled for 20 minutes once per day and when not in use kept covered.

Patient's body and bed linen, after use, should be soaked at once in disinfectant solution, and, if boiling is impossible, left soaking in 1-20 carbolic solution or 1-100 Lysol for 12 hours. This linen should not be sent to a public laundry until it has been taken through a disinfecting solution, and boiled or passed through a steam disinfecting station.

All discharge and excreta should be carefully disinfected in the adjacent lavatory, and subsequently disposed of by emptying down the W.C. if no better method is possible.

HONOURABLE MENTION.

The following competitors receive honourable mention: Miss Mary Wood, Miss V. M. Bason and Miss J. Endall.

Miss Bason writes: "The hygiene of a sick room is most important and sometimes difficult to attain to perfection in a private house. If there is a choice of rooms for the patient, one at the top of the house should be chosen, facing south if possible; it will be more airy and also quieter, and, in a case of an infectious illness, so much easier to isolate from the rest of the house and its inmates. The hangings in the room should be few and washable, also there should not be many ornaments and pictures; a polished or linoleum covered floor which can be washed daily, with one or two small carpets to deaden sound, is to be preferred to a carpet."

QUESTION FOR NEXT MONTH.

What is a counter irritant? Name any that you know and the method of their application.

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