

## GENERAL RULES FOR NURSING THE SICK.

1. Begin in season. Do not let a sick person work, or go uncared for until he is compelled to take to his bed, before beginning to care for him.
2. As soon as a person begins to feel unwell, ascertain, if possible, what the cause is and remove it. This may be all that is required.
3. In most cases of acute disease, at the very first appearance of the disease, a tepid or warm bath will be beneficial by unclogging the skin and causing a slight determination of blood to the surface, thereby relieving any congestion of the internal organs. A tepid enema will usually afford relief by removing obstructions from the bowels; and a warm water emetic will relieve the stomach of any unusable matters it may contain, thereby removing nausea. Fasting for one or two meals will do more to promote depuration than anything taken internally can do; and the rest and quiet thus obtained will often be all that the patient needs.

4. Preternatural heat can be reduced by applying either cold, cool, or tepid water, or wet cloths; and warmth can be induced by hot cloths, hot bricks, or by bottles or jugs of hot water, etc.
5. Always enjoin perfect quiet in the sick chamber, and let the patient sleep all he will.
6. Never allow any but the nurse to see or converse with patients who are very low. Many have been sacrificed by not observing this rule.
7. Never urge a fever patient to eat.
8. Keep the sick room well ventilated, day and night, but do not allow a current of air to strike the patient.
9. Never whisper within the hearing of the sick, for if you do, they will be very apt to think that you are talking about them, and will become anxious.
10. Never indulge in sad or melancholy conversation with, or in the presence of, the sick. All ways appear cheerful yourself, and endeavor to keep them cheerful.

11. Never allow any fecal or urinary matter, nor any other foul substance, to remain in the room with the sick for a moment.
12. Change or air the patient's clothes and bedding, daily.
13. Always keep the bowels free, the feet warm, the head cool, and the entire surface of the body as near the temperature of healthy persons as possible.
14. As soon as they are able to walk about, patients should be encouraged to take exercise in the open air.
15. Always see that the patient's limbs are clad as warmly as the body, that the shoes are loose, that the garments are loose about the waist, and that corsets, stays, chignons, and all other injurious fashionable appendages are laid aside.
16. Never give very cold nor prolonged treatment to very weak or nervous patients.