

#### DOCTOR BODY: SCROFULA

Strict attention to the rules of health is the way to prevent scrofula. Books, unless as an amusement, ought to be discarded. The patient should live in the open, where the air is dry and bracing; if it be at a farmhouse, in a salubrious neighborhood, so much the better. Scrofula, if the above rules be followed, may be warded off; but there must be no half-measures, no trying to serve two masters, to cultivate at the same time the health, and the intellect. The brain must not be taxed.

#### DOCTOR BODY: EARLY IN THE MORNING

A young wife ought to rise early in the morning, and, once awake, should never doze. Dozing is both weakening to the body and enervating to the mind. It is a species of dram-drinking. Let her imitate the example of the Duke of Wellington, who whenever he turned in bed, made a point of turning out of it; indeed, so determined was that illustrious man not to allow himself to doze after he was once awake, that he had his bed made so small that he could not conveniently turn in it without first of all turning out of it.

#### DOCTOR BODY: STOOPING

A girl ought never to stoop; stooping spoils the figure, weakens the chest, and interferes with digestion. If she cannot help stooping, you may depend upon it, she is in bad health, and a medical man ought to be consulted. As soon as her health is improved, the dancing master should be requisitioned, and calisthenics resorted to. The girl should live well, not too closely confined to the house. She ought during the night to lie on a horsehair mattress, and during the day, on a reclining board.

#### DOCTOR BODY: OUTWARD SIGNS

Even from a selfish point of view, temper ought to be checked. The flushed forehead, the blanched lips, the swelling throat, the fierceness

of eye, and the towering voice displayed in an ordinary fit of anger are pretty sufficient indications of the tumult within.

#### DOCTOR BODY: IMPORTANT POINTS IN MENTAL NURSING

The recovery of patients suffering from acute mental disorders is to a considerable degree dependent on food and sleep. The latter is often dependent on the former. Success in feeding the insane calls for perseverance, persuasion, tact, patience, good judgement, good humor, hopefulness, firmness. It depends on the nurse more than the doctor. The personality of each patient is a subject for special study, a more difficult task than the technique of general nursing allows. In the matter of delusions, be frank, but never try to argue with an insane patient. When an excited patient is breathing threats of slaughter and brandishing a weapon, it is well to remember that a mattress makes a very good shield.

#### DOCTOR BODY: FATIGUE

What fatigue is due to, I can't say. One thing seems certain: it resides in some affection of the blood. This was proved by keeping two hounds of a pack at rest. When the hunting hounds came in, blood was taken from one and injected into the hounds that had been resting, with the result that the rested hounds soon showed signs of profound exhaustion.

A man who has had a hard day of physical exercise finds it difficult to work with his brain, and the man who has had a hard day's work with his brain doesn't feel fit for much exercise. An intermingling of the two seems to be the best way to avoid fatigue.