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**Home Nursing Course Now
In Progress At Richmond Hill**

**Interesting and Instructive Classes Held Every Monday
and Wednesday Evening.**

The Home Nursing course which is being conducted in Richmond Hill was opened on Monday night with a good attendance. Forty members of the class are already enrolled and it is still time for anyone to join. Those in attendance are enthusiastic regarding the advantages to be gained from the course and are looking forward to many interesting and profitable sessions. The course is being sponsored locally by the Home and School Club.

The course was opened with a delightful talk by Miss McNaughton from the Red Cross headquarters who gave a resume of the Red Cross Society and its work. She recalled that in 1859 in the war between Austria and Italy there were heavy casualties and no one to look after the sick and wounded. A native of Switzerland went over the battlefield and with the help of neighbors gathered up the wounded and cared for them. In 1864 the Red Cross Society was organized to help in time of war. After the Great War the authorities thought such a good and powerful organization should not be discontinued, so in 1919 several of the nations joined in peace time propaganda. This consists of helping the sick, preventing disease and promoting health. The work done by the Red Cross out-post hospitals in northern Ontario is a story in itself. There is also the Junior Red Cross in the schools held with the co-operation of the teachers. These Home Nursing classes are held throughout the different provinces and lay just as much stress on promotion of health as on the care of the sick.

HEALTH IN THE HOME

The first essential of health in the home is cleanliness. This includes cleanliness of the surroundings, sanitation, ventilation, personal cleanliness, and care of all food but particularly of the milk and drinking water used in the home as these are great carriers of disease.

Food is contaminated chiefly by flies and the following little verse was given as an example.

"Straight from the rubbish heap I come,

I never wash my feet;
And every single chance I get
I walk on things you eat."

Flies may be kept out of the house by screens and killed by swatting or poisoning but the best way is to cut off their breeding places.

The source of the drinking water supply in rural districts is most important and the well should be located to avoid drainage from the privy, stables or barnyard. Instructions on this matter are supplied free by the Provincial Health Department.

To chlorinate water that is unsafe for drinking rub a level teaspoonful of chloride of lime into a cupful of water. Dilute this mixture with three cupfuls of water and stir a teaspoonful of the whole quantity into each two gallon pail of drinking water. Stand for fifteen minutes before using.

Correct diet will do more than any other thing to maintain health, prevent disease and cure illness. People at different occupations require different food those doing manual labor need more protein foods such as meat and eggs than do those in sedentary positions. Cereals, milk, butter, vegetables and fruits should be the chief diet of the latter.

Constipation is one of the chief ills of civilization. Use green vegetables, brown bread and coarse cereals and drink plenty of water or at least three pints a day.

WEDNESDAY, MARCH 21st

The lesson tonight was a demonstration in bed making and in changing a bed with the patient in it. The necessary supplies were lent by different members of the class.

First cover the mattress with a white pad, spread the lower sheet, draw it tightly and tuck it in all round folding the corners to make a neat finish like an envelope. A rubber sheet may be necessary under the patient's hips, this should be covered with a draw-sheet which must also be drawn tightly and tucked in. Spread the upper sheet and two blankets which will be warmer than one heavy one. Tuck in firmly under the bottom of the mattress and add the spread and pillows. Do not use cotton quilts as they are heavy without being warm.

Now to Change Sheets With the Patient in Bed

First have everything ready near the bed, carefully loosen the bed-clothes from under sides and ends of mattress. Remove all coverings except one blanket, remove all pillows unless patient is so sick that one must be left for his comfort. Move the patient over toward one side of the bed so that he faces the side nearest him. Roll the bottom sheet throughout the entire length and bring the bottom sheet and draw sheet, all rolled as flat and tightly as possible, close against the patient's back. Pleat about half of the fresh lower sheet lengthwise and place the pleated portion as close as possible to the rolled sheets you are going to remove. Tuck in the other half of the fresh sheet at the top, bottom, and side, draw the rubber sheet back over the fresh lower sheet, arrange the fresh draw-sheet in place and tuck it in firmly at the side. Roll the remainder close to the patient's back. Move the patient to the fresh side of the bed by lifting his feet over the rolled sheets first, knees bent. Then turn him back over the rolled sheets onto the fresh smooth part. Remove the soiled sheets and arrange the fresh ones where patient has been lying. After the lower sheets are firmly tucked in spread above the blanket the fresh upper sheet and the second blanket. Hold the sheet and blanket in place with one hand and with the other draw out the first blanket from beneath the sheet. By this process you have kept patient constantly covered by the blanket. Put on the blanket you have just removed above the other and finish making the bed as usual.

A simple back rest was demonstrated. This may be made of a washboard or board of a similar size, padded with newspapers and covered with old muslin. The back rest should be held in place by a bandage or other strip of cloth attached to the head of the bed.

A patient with a back rest may slide down in bed. To prevent this place a pillow-covered broom handle under the knees and tie the ends of the broom handle to the head of the bed.

An account of the Home Nursing Course will be a feature of The Liberal during the coming weeks.

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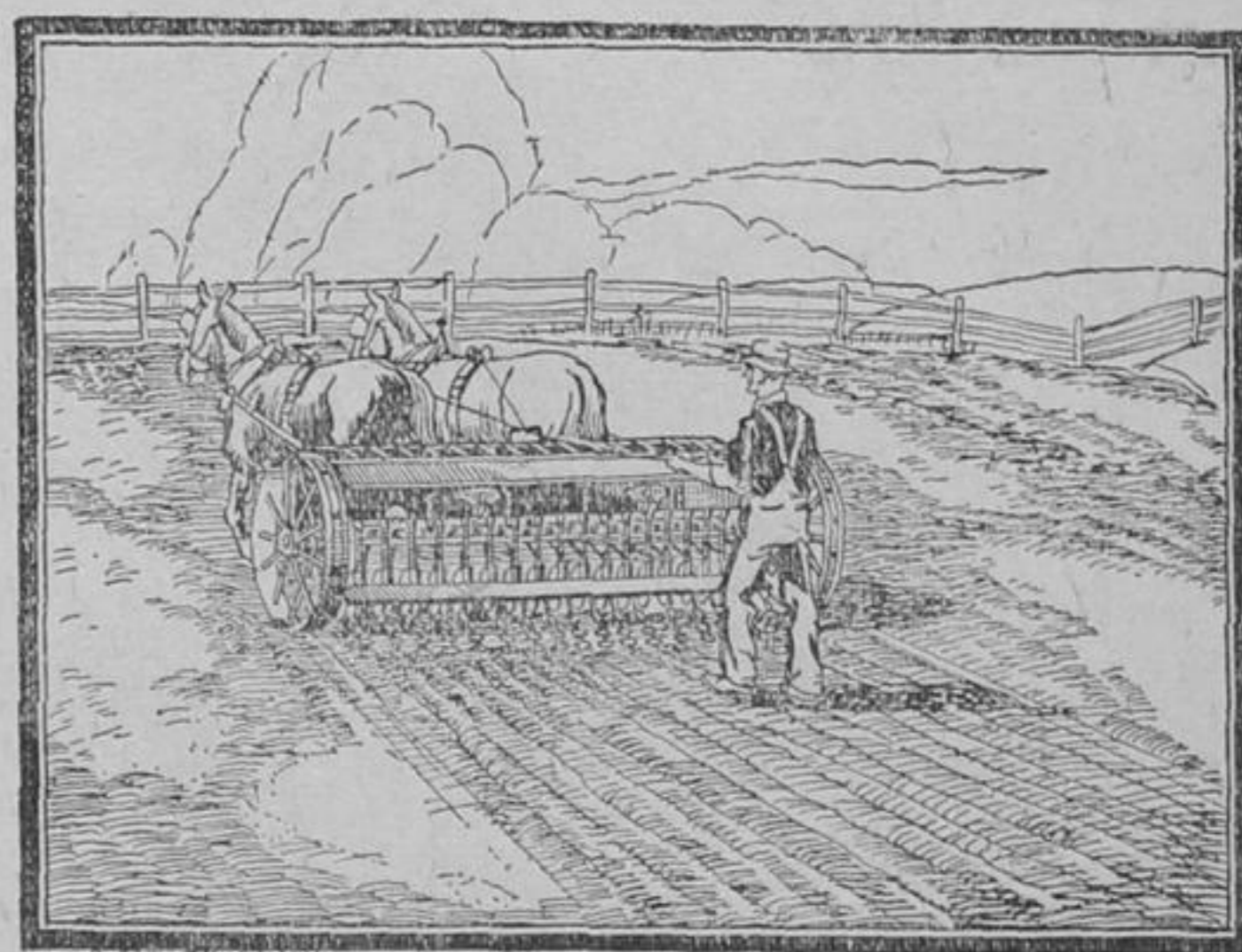
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