

## Scarlet Fever

Scarlet fever is normally distinguished from most of the diseases which it resembles by the suddenness of its onset. A child eats a good breakfast, and goes to school in quite good spirits. Suddenly he feels sick—perhaps vomits,—suffers from headaches, is flushed and feverish, and has to return home. Presently, or from the first, he gets sore throat, and on examination his submaxillary glands are found to be enlarged. A rash appears, which may affect the whole body or may attack more particularly the chest, arms, and legs. This rash is distinguished by containing, now plainly, now a little less distinctly, a number of round, minute, scarlet puncta. In a day or two, the tongue, which is at first coated, begins to peel, and soon takes on the raw (strawberry) look which is so characteristic, and which has the advantage of not fading rapidly, so that it is a valuable diagnostic feature for weeks.

While these symptoms are given as the unmistakable signs of scarlet fever, the medical officer writing as above to other medical practitioners says that cases may be slighter and much more indefinite, and sometimes a patient may show only malaise without any characteristic sign and yet may infect another member of the family with a well-marked attack.

The doctor writing emphasises the need of every member of the family being examined. It would not do to leave this precaution till peeling may have begun.

Nurses may, of course, greatly aid doctors in this by carefully noting any slight symptoms in other members of a family in which they are nursing. Suggestions as to precautions to be taken are as follows: "The patient should be confined to one room, and strict instructions should be given that no other members of the family except the one acting as attendant shall be admitted until the patient is released from quarantine. The door of the room should be kept closed, and closed at once after the attendant goes in or out. There should be a wet sheet hung over the door of the room, preferably on the outside. A weak solution of carbolic acid or sanitas may be used to wet the sheet, which should be wider than the door. Water is equally effective, though perhaps less impressing. Before entering the room, the attendant should put on an overall, which should be hung in the passage outside the room; or it may be hung between the sheet and the door. Quarantine should be strictly maintained for six weeks in most cases, and in no case less than five weeks."—From "The Medical Officer."

## The Silent Tide

I heard Old Ocean raise her voice and cry,  
 In that still hour between the night and  
 day;  
 I saw the answering tides, green-robed  
 and grey,  
 Turn to her with a low, contented sigh;  
 Marching with silent feet they passed me  
 by,  
 For the white moon had taught them to  
 obey,  
 And scarce a wavelet broke in fretful  
 spray,  
 As they went forth to kiss the stooping  
 sky.

So, to my heart, when the last sunray  
 sleeps,  
 And the wan night, impatient for the  
 moon,  
 Throws her grey mantle over land and  
 sea,  
 There comes a call from out Life's nether  
 deeps,  
 And tides, like some old ocean in a  
 swoon,  
 Flow out in soundless majesty to thee.

—From "Life."