

plan than to wash the part where they are to be applied perfectly clean, and dry it carefully. They may be laid one by one on the place, or placed in an inverted glass and applied thus, and should be allowed to remain on till they fall off; the bites should be then either poulticed or fomented as ordered. If there is much bleeding, the Doctor should be told at once, pressure with the finger being made in the meantime.

#### ENEMATA.

Mr. Croft gives some excellent practical hints on this subject, which, as you may not all have the advantage of reading in the original, I shall transcribe for your benefit:—

“Enemata are divided into classes in accordance with their actions—aperient, nutritive, astringent, sedative, and so on.

“When passing the tube of the syringe, whether you are about to administer the bulky aperient enema, or the small quantity of fluid forming any of the other injections, remember that you are to pass the tube just a little *upwards* through the orifice of the bowel (anus), then backwards and upwards in the course of the bowel (rectum).

“An inexperienced Nurse is pretty sure to push the tube only in the direction upwards, and to meet with failure therefore. The passage of the tube causes pain, and the injection returns as it is pumped in. The syringe should be filled before the tube is introduced, otherwise air will be forced in before the enema. It is a mistake to inject nutrient enemata made of several nutritious fluids, thickened with gruel or arrow-root. The rectum is incapable of digesting things, and is not possessed of the powers of a stomach. Nutritive enemata should consist of thin solutions of such materials as can be absorbed directly by the lining membrane of the rectum. Thin beef-tea forms an excellent nutritive enema. It should be injected in small quantities not exceeding two ounces at a time, and may be repeated about every four hours. Astringent enemata should be injected in small quantities and slowly.”

#### BANDAGES.

It may safely also be affirmed with regard to bandaging that no amount of teaching is of the slightest avail without practice. In many Hospitals the Nurses have access to a dummy, or at least an artificial leg, on which they can exercise themselves in an art so useful; but this failing them, they must avail themselves of every opportunity of practising on each other. It has been said that no Nurse should be satisfied with her proficiency till she can bandage a cannon ball without a gap or wrinkle. So it will be well for you to aim at least at this amount of perfection. Place an illustrated book on bandaging (there are several) before you, and try patiently over and over again, not

being disheartened by many abortive attempts. Bandages usually consist of strips of linen, calico, or flannel, varying in breadth from one to three, five, or more inches, and in length from one to six, eight, or twelve yards. They are rolled up longitudinally for use, and hence have received the name of *rollers*. Besides the simple rollers there are many compound bandages, such as the T bandage, &c., of the names and uses of which I should advise you to make yourself acquainted as quickly as possible.

#### POULTICES.

The poultice most in use in Hospitals is linseed meal. Sometimes a linseed poultice is spread on paper, oftener upon linen or tow. Tow is an excellent thing to keep the heat in, and should be pulled out till it is perfectly even and fine, and free from knotted masses. The paste should be made in a basin *heated first with hot water*. After throwing this away, the Nurse should pour in sufficient boiling water for the poultice, and then gradually add the meal, stirring it well the whole time. A long knife called a spatula is generally used for the purpose of working it about till it is light and free from all stickiness, and then spreading it on the linen or tow. This should be done very evenly, and occasionally it is well to add a little olive oil.

Mustard poultices are either made of mustard entirely, when they should be mixed with boiling water and spread on paper with a layer of muslin to protect the skin, or the mustard may be mixed with linseed and made as above directed.

Bread poultices are made by pouring boiling water on to some stale white bread-crumbs. A plate should be placed over the basin, which should be allowed to stand for a short time. The water should then be drained away, and the poultice poured into a muslin bag ready to receive it.

Charcoal is frequently added to both linseed and bread poultices. About a quarter of an ounce is sufficient to sprinkle over the surface of the poultice.

#### BATHS.

You will be expected to give baths to your female patients, and the following table of temperatures for baths may be useful to you:—

Cool	-	-	65° — 75°	Fahrenheit.
Temperate	-	-	75° — 85°	„
Tepid	-	-	85° — 95°	„
Warm	-	-	95° — 100°	„
Hot	-	-	100° — 112°	„

A special apparatus is provided for hot air and vapour baths. That for the former generally consists of a wicker-work cradle placed over the patient, who should be lying in bed on a blanket, but with nothing over her. Blankets must then

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