

be placed over the apparatus, and arranged so as to cover the patient's neck closely in, but not her face, a passage being also allowed for the chimney of the apparatus, which now forms a chamber which is presently filled with hot air by a pipe connected with a small moveable stove. The object of this is to promote the free action of the skin. Sometimes these baths are medicated with sulphur, soda, or mercury. Some Hospitals are provided with Turkish baths. In these the process consists in the patient, after free perspiration in an apartment of carefully regulated heat, undergoing the operation of shampooing, which is followed by a douche of tepid or cold water, and a gradual cooling down in a well-ventilated room.

HYPODERMIC INJECTIONS.

You may often be required to administer hypodermic or subcutaneous injections, chiefly for the purpose of relieving pain or producing sleep. The injection usually consists of a solution of morphia. The pump-like part of the little instrument which is used for the purpose is marked with numbers, which enable you to give with the greatest nicety the number of minims ordered. As the strength of solutions of morphia is variable, it is no use telling you the number of drops for an ordinary injection. The part of the body usually selected for these injections is the arm, though it depends somewhat on the seat of the pain. Sometimes in affections of the eye the temple is chosen. The injection should enter under the skin, into the layer of fat immediately beneath it. You should dip the needle in oil, and prick the skin firmly, not burrow it in, as I have seen Nurses do, thereby causing great pain, and (if they work it *along* the skin) great danger of an abscess.

(To be continued.)

PRIZE ESSAY COMPETITION.—XI.

DESCRIPTION OF THE MANNER IN WHICH NURSES CAN BEST BE ASSISTED WHEN INCAPACITATED FROM WORK—(1) BY ILLNESS; (2) BY OLD AGE.

By MISS MAY LUCAS, M.B.N.A.

"But Time's strong hours indignant work'd their wills,
And beat me down, and marr'd and wasted me;
And tho' they could not end me, left me maimed."

SUCH powerful lines are calculated to stir us up, to set us thinking how best to meet the time when, "marr'd and wasted," we shall be regarded as simply cumberers of the ground. Much has been said and written about Nurses and their work; and the interest taken in them by all classes has been growing day by day,

deepening, developing, intensifying, until the desire to help can no longer be restrained, and the question arises on all sides, What becomes of these workers, what is their future, and how are they prepared to meet it? After all, Nurses are only human, in spite of many injudicious efforts to idealise them into double-distilled angels, and when young, like others in the same condition, are far more occupied with the present than with the dim and distant future. Life, with its grand possibilities, stretches out hopefully before them, and they do not think of the time when the now swift and active limbs will become feeble and tottering, the blooming cheek pale and sunken, the sparkling eye dim and lustreless, the strong firm hand nerveless and shaking; nor yet when to the physical breakdown is added the hopeless agony of poverty; when the great broad sympathies have become narrowed and warped by pressing necessities; when the eager desires of youth to help to gladden the world are at last beaten, crushed out of them by the force of circumstances, and the iron enters into their souls, grinding out all those voiceless longings to help others, dwindling them down with a pitiful fear lest they cannot help themselves.

But how avert such a fate from the Nurse with her small salary—a salary a good servant would despise and a cook refuse with a shudder, coupled with her total inability, from the very nature of her employment, to supplement it in any form; to which is again added the half-paralysing conviction that, however severe her self-denial, independence in the future is almost impossible of attainment? But I hope to show something may be done, though at first sight the prospect does not seem very encouraging, for surely there can be no reason why that something, however little, should be left undone because it may not entirely achieve its object. There is "something very rotten in the state of Denmark" when people are taught, or are allowed to think, they may look to others for help. There is an old saying, "The gods help those who help themselves," and I am inclined to think that not little, but much, may be done by the Nurse, who, resisting present gratification, ensures future good. Nurses, as a rule, are a quiet, reserved and independent class of women, and if assistance is to be given, it must not come in the form of a great charitable organisation, to be dispensed promiscuously, or at the discretion of a single individual. Such an offer, even with the best intentions, would, I am sure, be unanimously declined with thanks by all true Nurses. It can never be for the good of the community to encourage a feeling of dependence in any one section of it, and women—to say nothing of Nurses—should have little to do with a policy which can

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