

choice of food. For instance, a lady is confined at seven a.m., and it is most likely the first meal she would wish for is her breakfast—a cup of tea with milk, and some very thin dry toast soaked in it, or bread and butter to eat dry. This would be followed at eleven a.m. by a basin of milk gruel; and at one or two p.m.—at the dinner hour—chicken broth, or something of this sort; and then we get into the every-day order of meals, which, as you know, has a good deal to do with inducing appetite. A patient will be more likely to eat at times when she is accustomed to do so, than at unusual hours. And we must recollect we do not *begin* with illness (as a rule), and therefore never admit it until we are obliged.

Now as to the arrangements for washing and changing our patient, and the amount of both to be allowed for the first time after delivery. Get everything ready before you begin, and fasten the bedroom door from the inside, or you may have it suddenly opened upon you, with a good chance of chilling your patient to start with. We do not get Hospital discipline in the domestic circle. Bring the washing basin—not too full of water or you may slop it about—close to the bed. Place it on a chair or the bed-table, if you have one, with the soap-dish, sponge, flannel, and powder-box; one Turkish towel, and one soft towel, both *perfectly dry* and *warm*. The water for washing should be quite warm, and I generally recommend that a small quantity of Californian borax (a small teaspoonful to a good-sized washing basin of water) should be put into the water to *soften* and in a measure purify it. We have just recently discussed (No. 93 *Record*) *serious* water troubles. Now we have to deal with *irritating* ones, for the mineral impurities that so often render water “hard” are enough to “curdle the temper” of the best of soap, and ruffle the composure of the most serene of Nurses; and here comes in the question of soap: what sort? The choice must perhaps be left to the lady herself, who may devoutly believe in the great Mr. Pears. Going on with what we begin with, we use glycerine and borax transparent soap, made in circular cakes, pleasantly perfumed. This soap makes a nice lather, and softens hands and skin, and is good for *both* our patients. This, after all, is a matter for patient and Nurse to decide between them; but, being so often asked about soap for our use, I just tell you what I *know* is good.

It may amuse some of my younger Obstetric Nursing readers when I tell them that a short time ago a soap moulded into the shape of a fat and highly satisfactory “baby,” and of a “lovely” pink colour, used to be provided for the “basket.” The popularity of this touching work of art among my patients was remarkable; so was the

reception it received from the hands of their humble servant. Worse soap I never handled; it took a whole “baby” to make a lather. We soon bantered the soap “baby” out of existence in our circle; the mothers gave in *en masse!* One thing we may be sure of—*softening* the water to begin with more than half settles the soap question; hence I have brought the matter under your notice. We must now go on with our duties.

Remove the bed-jacket, and put it aside so as not to get it wet; place the Turkish towel over the top sheet, and across the patient's chest; wash her face first with the sponge, which you must squeeze pretty dry, so as not to slop any water about the pillows and sheets; remember to do this with the flannel also. You will not require any soap for the face if there is borax in the water (which, by the way, keeps the sponge clean). Do not leave the sponge in the water; take it out each time you have done with it. Wipe the face dry with a soft towel; loosen the night-dress at the neck; raise the head, and wash the throat with the flannel lightly soaped, and rinse off with the sponge, and wipe dry. Gently raising the patient up into a sitting posture, slip off the sleeve of the night-dress from the *left* arm, and if there be a vest that also; wash the arm and arm-pit with soap and flannel; wipe very dry and powder; then wash the left breast in the same manner. Have ready the clean night-dress, which should be quite warm; replace the vest, and slip the *left* sleeve of the night-dress over the *left* arm, and keep it out of the way whilst you slip off the soiled night-dress from the *right* shoulder; loose the vest sleeve, and repeat on the *right* side all you have just done on the left; then put the clean night-dress over the patient's head, slip the right sleeve on to the right arm, and draw the night-dress down to the waist, and the soiled one just below it. Put the bed-jacket on again.

(To be continued.)

### PRACTICAL LESSONS IN ELECTROTHERAPEUTICS.

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(Continued from page 42.)

**T**HIRDLY (c), of *Thermal Energy*. Take two strips of dissimilar metal, and join one end of each to the other. Then apply heat to the junction, and connect their free ends together through a galvanometer. The galvanometer needle will at once be deflected,

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