

its upper margin is the point of extremest tension during the final expulsion of the foetal head. There are two opposite conditions of this important tissue that may lead to precisely similar results—the one is an unyielding state that in Midwifery is called “rigidity,” *i.e.*, an immense amount of distensibility combined with *resistance* to head pressure; the other—a rare occurrence—is an extreme, almost tinder-like, condition of the integument leading to too great laxity, and offering *no* resistance to the strain put upon it, and, with all the care that may be exercised, it is almost impossible to avoid serious injury, though, as far as my experience goes, I have never seen the sphincter involved in it.

In the former and opposite condition (rigidity) much may be done to minimise, if not altogether avert, the risk of laceration, and as an Obstetric Nurse you will have to witness, and ought to understand, the measures that have to be taken. There are three points to be observed in these cases—plentiful lubrication (vaseline is about the best thing to use, though cold cream will do), warm fomentations when there are signs of inflammation, and careful *guarding* of the perineum during the final expulsion of the foetal head, for at that crucial moment all lacerations, whether spontaneous or traumatic, take place. Cocaine is sometimes used topically to relieve the pain during distention, but this is a medical matter, and must be left in medical hands.

(To be continued.)

HOUSEHOLD SANITARY REGULATIONS.

Seventeen Rules to be Observed in every House.

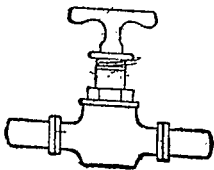
COMPILED BY

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These “Regulations” can be obtained—mounted on card—from Messrs. Waterlow and Sons, Limited.

1.—KITCHEN REFUSE.—(a) Vegetable refuse should *not* be carried to the dust-bin, but should be burnt daily. Nothing decomposes or ferments more rapidly. (b) Bones should not be allowed to accumulate, but should be disposed of every other day. (c) Cellars and bins should be cleared *once a week*.

2.—PIPES BURSTING.—All houses are fitted, by compulsion of the Water Company's Regulations, with stop valves fixed *outside the house*. The whereabouts of this should be conspicuously marked. Directly any defect is found likely to cause an overflow, *screw down the valve to shut off the*

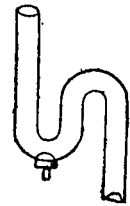


water. A similar valve is generally fitted to the service immediately *under the cistern*. If the service pipe from the cistern should burst, *at once screw down this valve*. *Examine these valves once a month*.

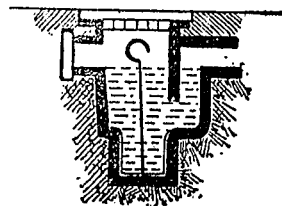
3.—HOT WATER SUPPLY.—All high pressure boilers (*i.e.*, wherever there is hot water supply apart from a “draw off” in boiler) should be fitted with *safety valves*. The boiler pipes and circulating tank examined and cleaned out *twice a year*.

4.—CISTERNS.—All the fittings to cisterns, including ball valves, wastes, overflows, &c., should be examined when the cisterns are cleaned out *once in every three months*, and any leakages or defects made good at once. Lubricate all ball cocks with pure paraffin, but never with oil, which creates verdigris.

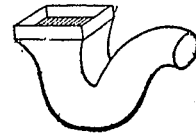
5.—SINKS.—Sinks generally have fitted underneath this form of lead trap with a screw relieving plug. *The plug should be unscrewed once a month*, and the trap cleaned.



6.—GREASE TRAP.—This grease trap is fixed in close proximity to the scullery sink. The best are those provided with receptacles, which can be lifted out and readily cleaned. These traps should be cleared at least *once a week*. If no grease trap exists, run hot water through the drain. A change of temperature during the night will allow the fat to choke the drain.



7.—GULLEYS.—These traps take waste water from sink overflows, rain water from roofs, and intercept the main drain, and hence form an important item in house sanitation. They should be carefully cleaned out *once in every three months* (an *iron ladle* is provided for the purpose), and the *iron grating* kept free from paper or rubbish of every description.



8.—W.C.'s.—All w.c.'s should have the seats hinged, and the pan provided with slop tops. Servants should take particular care to *raise up the seats when pouring slops down*, and to *pull the handle* so as not to leave stagnant water in the trap.

9.—In all houses where the w.c.'s are trapped with D traps, the servants should be instructed to flush the w.c.'s by pulling the handle for a *minute when coming downstairs every morning*.

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