

every morning. This will also check the foetor which often arises from the same cause.

For many domestic purposes, borax is extremely useful, and its value as a cleanser should be appreciated in every household. The fact that it is perfectly harmless to human life is an important factor. It is undoubtedly a germ destroyer, and, when added to water, disinfects it, and renders it soft and more cleansing. Thus it may be used in the water instead of soap with advantage to the skin, and will readily remove grease from the hands. It should be used in the water for washing all the utensils and vessels in which food has been kept, especially those which have contained milk, as by its aid, they may not only be thoroughly cleaned, but disinfected.

Instead of soda for cooking green vegetables, a small quantity of borax will answer the purpose much better, and it develops the natural colours of beans, peas, cabbages, asparagus, &c. It is largely employed by laundresses for producing a fine gloss on linen and whitening it. Added to the water in which linen is rinsed it forms a powerful cleanser, and for improving the colour of clothes is superior to other alkalies. It thus forms the base of the numerous starch glazes now so much used. It acts as an excellent preservative for food in hot weather, and meat, fish, or poultry may be kept from turning if rubbed over with powdered borax, or sprinkled with a solution, made by dissolving a tablespoonful in a pint of hot water. To prevent milk from turning sour, as much borax as will lie on a sixpence should be added to a quart of liquid, and on being stirred slightly and put into a cool dark place, it will keep sweet for several days. By some persons, totally unacquainted with the harmless properties of borax, it has been inferred that the presence of borax in food is deleterious and prejudicial to health, but this is an utter fallacy, and the fact that the stated dose in the British Pharmacopœia is 5 to 40 grains completely upsets such inference. A special neutral borax powder is prepared by the "Patent Borax Company" for preserving milk, joints, game, poultry, and fish, which prevents decomposition, and stops fermentation.

Borax may be used with advantage in the garden and greenhouse for exterminating insect life. For watering the roots and stems of flowers a tablespoonful should be dissolved in about four gallons of water. It will destroy the fly which attacks the stems of standard roses, and improve their bloom.

In the sick room, it should be used in the water for washing and cleansing. It is an admirable

addition to the bath, for which purpose two tablespoonfuls should be dissolved in twelve gallons of hot water. It should be dusted into the expectoration cup to prevent any unpleasant odour when it is necessary to preserve the sputum for the doctor to examine, it having the advantage also of not altering it in colour. The medicine measures, feeding cups, and other vessels used in the sick room should be well cleansed with water containing borax in solution. The Nurse will find it an admirable and safe addition to the water in which she washes.

We can only mention a tithe of its uses for toilet purposes, which are many. To soften the water, a tablespoonful of powdered borax should be placed in the water jug over night, and allowed to dissolve. A saturated solution in water will usually eradicate that unpleasant scaling of the scalp commonly called scurf, when too abundant. The head should be well sponged with the solution occasionally, or once or twice a day. For washing the hair, a tablespoonful of borax in powder should be added to an ordinary wash-basin of hot water, with a few drops of spirit of rosemary. This will thoroughly cleanse the scalp, and make the hair soft and glossy.

One part of finely powdered borax and an equal quantity of powdered orris root, mixed with three parts of precipitated chalk, forms an excellent toothpowder, which acts as an antiseptic as well as whitening the teeth. A cream for the hair, much superior to those usually sold for the purpose, may easily be made by dissolving a teaspoonful of powdered borax in a pint of hot water. Then add to the solution a drachm of salts of tartar and an ounce of almond oil, shaking well together until cold. A creamy liquid will be produced which will be found to act as a good preventative against the hair falling off and thinness of growth. Sponges and brushes are readily cleaned if washed in a borax solution of a tablespoonful to half a pint of warm water. Want of space prevents us from enumerating many other uses of this valuable cleansing salt, whose properties have but to be known once to be always appreciated.

It is but fair to remark that the development of borax, for personal and domestic uses, as well as the manufacture of its many useful preparations, has been the special work of the Patent Borax Company, of Birmingham, who have made known its utility and importance throughout the world—and who are always ready to supply any of their interesting publications, with specimens of Borax, free to any Nurse who will send her postal address.

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