

means of a soft tube passed into the stomach. Some intubation cases, however, swallow excellently.

3. When a child is being intubated, and afterwards, always be prepared for tracheotomy, which may become necessary at any moment.

In the nursing of enteric fever, all those points I referred to in connection with fever nursing generally, are particularly applicable. The Nurse should remember above all things that her function is to minister to a bowel diseased, and that this very disease of the bowel occurring in a febrile subject is attended with its own peculiar dangers.

For which reason, the feeding should be most carefully performed, in order to avoid irritating the ulcerated intestine by food which is either unsuited or indigestible. The medical directions in respect to food should be most rigorously carried out, no laxity whatever being admissible. Diarrhœa is often dependent on injudicious feeding, and the stools should be carefully watched for excess of mucus, undigested curd, and for blood, which latter appearance of course indicates that hæmorrhage has occurred in the alimentary canal. Hæmorrhage, if you remember, usually occurs at some time between the middle of the second week, and that at which the temperature has become normal. The loss of blood is usually attended with a sudden drop of temperature, and, if excessive, the signs of faintness. Absolute recumbency, complete rest, the curtailment of stimulants, and the administration of nourishment only in small quantities, are the most important measures to be adopted, whatever medical remedies may be employed in addition. It should be remembered that a fatal hæmorrhage may take place, before its occurrence has been even suggested by the appearance of blood in the stools, so that faintness with a low temperature are *sometimes* even more important indications than the appearance of the stools.

The occurrence of perforation, indicated by vomiting, collapse, severe abdominal pain, often excruciating tenderness of the abdomen, and gradual distension demands the most complete rest, both for the whole body and for the lacerated bowel, in order to give the unfortunate patient his last faint chance of recovery. To this end, opium or morphia is at once administered in order to quiet the movements of the bowel and to relieve pain. The patient must be kept flat and immovable on his back, his knees raised over a pillow, and some sedative application, such as a fomentation or an ice bag, lightly placed on the abdomen, the weight of the bed clothes being meanwhile relieved by use of a cradle. Brandy

and water, champagne, weak juice, or milk, are usually given in teaspoonfuls, not more; but this, or even ice alone, may excite vomiting, and so increase the disaster. In such cases it may be necessary to inject the brandy and water under the skin at frequent intervals. Unfortunately, whatever remedies are employed, nineteen out of every twenty persons afflicted with perforation will die.

(To be continued.)

Tasty Tit-Bits and Dishes Dainty,

FOR INVALIDS AND CONVALESCENTS.

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BY

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Omelette.

Fry your butter in a pan: when hot throw into it eight eggs well beaten and some parsley and chives finely chopped; take care it does not burn; add to it a few spoonfuls of good gravy *before* it is done, and salt and ground white pepper to taste.

Omelette of Sweetbread and Peas.

Split and soak one heart sweetbread, blanch very carefully, boil 10 minutes, then take it out to cool; when cool, mince the sweetbread with one dessert-spoonful of ground pepper; beat and drain six eggs, using only the whites of four. Have ready some young green peas well boiled with plenty of butter and mint. Mix the sweetbread, peas and eggs together thoroughly, fry and serve with rich good gravy. This omelette may also be made with asparagus head previously boiled, or with mushrooms or chopped truffles. It can also be served with a white sauce, well flavoured with mushrooms.

Omelette aux Rognons et aux Champignons.

Cut up one (or more) kidneys into small pieces, and *sauté* it in a stewpan with salt and pepper to taste, some minced parsley, shallots chopped fine, and mushrooms cut into dice. Take three eggs and beat the whites and yolks separately. Mix the kidney and other ingredients with the yolks of the eggs. Put 1½ oz. of fresh butter into the omelette pan, and make it quite hot; then stir the well-whipped whites of the eggs lightly into the yolks, &c.; put the whole into the omelette pan for two or three minutes over the fire, stirring all the time, and serve with mushroom sauce in a boat. Can also be served without the mushrooms or mushroom sauce, and with good gravy instead.

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