

few hours a spoonful of hot water—temperature not less than 120°—may be given, to which may be added after about twenty to twenty-four hours the same quantity of sterilised milk. This may be gradually increased until two pints for the twenty-four hours on third day is not too much. I would strongly recommend *sterilised* milk in these cases, it is so much more easily digested. If thirst becomes almost unbearable, as it does in some cases where there has been much hæmorrhage, *with permission* an injection *per rectum* of warm water, and ℥v. (or vi.) of *beef tea* with a little salt will be found a great relief. I say *with permission*, because there may have been adhesions to the rectum, and any dilatation might be very disastrous. Feeding *per rectum* is only needful if a patient be weakly, or sickness will not allow any feeding by mouth; but I should here like to add my condemnation to the use of ball syringes for these injections. I consider them simply horrible. A catheter on the syphon of a glass syringe, using it as a funnel, is all that is needed; it acts as an escape for any flatus which may have collected, and a Nurse should wait until all flatus has passed before pouring in the enema, otherwise much unnecessary pain will be the result. If nutritive enemata have to be continuous, the rectum should be washed out between every fourth and fifth injection, or the bowel will become too irritated to retain anything.

If there be much flatus, a rectal tube should be occasionally passed. As a rule no solid food is given until after the bowels have been opened, which is usually on the fourth or fifth day. Then milk pudding, fish, and such light diet may be taken with safety. Of course there are many complications which may arise, but each must be met as it occurs and dealt with. Many, however, may be avoided by a watchful Nurse. They are too many and varied to be noticed to-night.

Sickness is, however, so important and usual a complication, that some methods of overcoming it will not be out of place here.

If it arises from the anæsthetic it is best relieved, I think, by giving a drink of warm water—five or six ounces; this will probably be at once returned, acting as a simple washing out. I have frequently found this most effectual.

Incessant retching is often overcome by a counter irritant, such as neat brandy, ℥i., per mouth, or a mustard leaf over the epigastrium. Vomiting occurs also from want of food; for this I have given from an ounce to two ounces of fairly stiff arrowroot, a dry biscuit with brandy and water, ℥ss., or the white of an egg whisked with ℥i. brandy. Tea made with milk, about two ounces, is also excellent.

(To be continued)

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1896.

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It is customary at the close of the Old Year for individuals to review the past, and to frame good resolutions for the future.

It is natural that the Editor of a journal should also indulge in some retrospect and "cast shadows before" of any improvements

which she hopes to accomplish during the coming year.

She has received much encouragement during the past twelve months—not only from the fact that the NURSING RECORD has so steadily increased in its circulation—but from the letters and assurances which are so constantly reaching her from every part of the world as to the "public opinion" which its comments have aroused. She feels, therefore, that her labour of love in trying to promote the best interests of the Nursing Profession have not been undertaken in vain.

It is a great pleasure to her to be able to announce that the NURSING RECORD will begin the New Year in an enlarged and more artistic form, and will henceforth reach its readers with its pages already cut. This last improvement will be good news to many Nurses who have laughingly complained "that their hairpins didn't cut the paper properly!"

In order to make the RECORD of still greater educational value to the Nursing profession, the Editor proposes in future to devote more space to Articles dealing with technical matters and practical Nursing, while considerable space will doubtless be needed for explaining the various steps which are taken, and the efforts which will be made towards gaining Parliamentary action in regard to the Registration of Nurses. The value of co-operation and the necessity for just and equal remuneration for Nurses, as well as the requirements of an improved and larger curriculum in training will be effectively dealt with. And the Editor would like to suggest that, while it gives her great pleasure to conduct the organ of the Nursing Profession on large and cosmopolitan lines, she relies upon her readers to contribute to the success of their own paper, by maintaining their interest in it, and by bringing it before the notice of their fellow-workers.

The Editor has received a very large number of communications relating to the Nursing Exhibition which it is proposed to hold in the ensuing summer; and congratulations have been sent on all sides from many leaders in the Nursing world who believe that it will be of the utmost value from a technical and educational point of view. She has already been promised very material assistance in this large undertaking, and has every confidence in appealing to trained Nurses to come forward and join her in making this Exhibition of Nursing Appliances a complete success. When it is opened, it will be admitted that a considerable debt of gratitude is owing to the Proprietor of the NURSING RECORD, seeing that he has generously offered to guarantee the very large expenses connected with the organisation.

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