

to sleep if kept for any length of time thus immersed. A useful appliance for such cases, therefore, is a broad strip of canvas which can be attached both to the top and bottom of the bath, and in which, as in a hammock, children can safely lie in the water, though, even then, they require constant attention to prevent them from slipping down under the surface, when asleep.

BODILY HEAT.

THE maintenance of the temperature of the body being essential to life, many plans have been suggested whereby warmth can be conveyed to its surface in health as well as in disease. Every nurse knows how a hot water bottle will assist in reviving a collapsed patient, and it is suggested that by keeping the body warm by some such means, in inclement weather, chills and colds could be prevented. An appliance called the Instra Warmer has therefore been manufactured. It has been submitted to us, and we have given it a careful trial. It consists of a small hollow instrument with minute ventilating holes, and made in German silver. Into the cavity, fits a cube of some material which appears to be like compressed charcoal, and which is set alight at the top, the instrument being then closed. The material is said to be made "from a shrub growing in the East; the internal portion of the shrub supplies the inside of the refill, the bark the outer covering." At any rate, the material, whatever it may be, burns slowly until it is completely reduced to a fine ash, and, by its burning, heats the instrument, or, as it is appropriately called, a pocket stove, to a considerable temperature. It is perfectly safe, clean, and portable; it makes a most excellent muff warmer in cold weather. It can be easily carried in the pocket; if worn under the clothing it diffuses an agreeable warmth which is felt all over the body, and we are assured that in the recent cold weather it enabled a gentleman to dispense with an overcoat; and that during a long railway journey it afforded the greatest comfort to a delicate invalid. The principle is a matter of common sense, and it certainly appears to us that there should be a wide field of usefulness before this instrument in maintaining the bodily heat of delicate persons and children. The instrument is cheap, and the refills by no means expensive. It can be obtained through any instrument makers, or direct from Messrs. B. Blair & Co., 47, Cannon Street, E.C.

The Bubonic Plague.

IN the *British Medical Journal* we find the following interesting statement concerning Professor Haffkine's prophylactic serum, with which he has inoculated himself as a precaution against plague:—

"I have the honour to communicate the following facts relating to the problem of protective inoculation of man against the plague. In the course of the present researches I have found different media which give rich cultures of the plague bacillus, permitting to cultivate them in abundant and concentrated quantities. The virulence of these cultures is shown by the fact that one or two minims are sufficient to communicate certain death to the largest rodents. The destruction of the bacilli in the culture by delicate processes, such like the addition of essence of mustard, of very weak solution of carbolic acid, or by desiccation or by heat, deprives these cultures of their fatal properties, and makes a dose 40 to 50 times bigger than the fatal one quite harmless to the animals. But while depriving the cultures of their noxious properties, the above processes leave to them the power of protecting the system against fatal infection. Rodents which have had an injection of such cultures (with microbes killed in them), when infected five days after the prophylactic treatment, stand easily a dose of living virus, which would be fatal to ten other not protected animals. Having established these facts, I caused myself to be inoculated on the 10th of this month to observe the symptoms of this operation in man. The injection was done in the flanks with 10 c.cm. of a culture in which the microbes were killed by heating during one hour at a temperature of 70° C. The symptoms produced consisted in pain at the seat of inoculation and in a rise of temperature. The highest point reached was 102° F., eight and a half hours after the injection, which was accompanied by slight headache and feeling of faintness. The temperature got again normal twenty-four hours later. The bowels remained normal. The pain at the seat of inoculation was mostly felt next morning while getting up from bed. It extended on the left side to the region above the Poupart's ligament, and on the right towards the axilla without reaching it. Since the next day the pain gradually disappeared. A small nodule remained at the seat of inoculation, but got rapidly absorbed. These symptoms show the perfect harmlessness of the operation. The observations made in the laboratory lead to the conclusion that the inoculation as described above will increase the resistance of man against the disease, but the extent of that protection, and the modifications to be introduced in the method for the object of increasing that protection, can be shown only by observation on man during the epidemic."

Appointment.

MISS AMY E. COKE has been appointed matron of the Eltham Cottage Hospital. Miss Coke was trained and certificated at St. Bartholomew's Hospital and at Queen Charlotte's Hospital. For the past nine years she has held the position of matron of the Royal Infirmary, Windsor. Miss Coke is a member of the Royal British Nurses' Association.

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