

usually about 70 deg. to 80 deg. The duration of bath is about five minutes; a movable bath should be used at the bedside. This is given sometimes in enteric fever and similar diseases as a tonic, or for hyper-pyrexia.

*The continuous hot bath.*—The patient is placed in water at a temperature of 100 deg.; hot water is added until the temperature reaches about 107 deg., or higher if it can be borne. The water must then be maintained at a fixed temperature.

Duration of bath as ordered. Used to increase action of the skin, and relieve the kidneys, especially in scarlet-fever and convulsions, whether uræmic or otherwise. For these, two latter baths a canvas stretcher on which the patient may be carried, and may recline in the bath is useful. A light blanket covers the patient in the bath. In hot baths an ice bag is often ordered to be placed on the head of the patient. This bath is also sometimes used for the treatment of severe burns.

On the administration of these baths a careful observation of the patient must be kept as to colour, pulse, respiration, and temperature; the appearance of any bad symptom is the signal for the immediate removal of the patient to bed and the application of restoratives if necessary.

Carbolic Bath	...	1-200
Izal Bath	...	1-4000
Lysol Bath...	...	1-2000

These proportions will be found sufficiently strong to be borne with comfort. For the purpose of actual disinfection, however, they would be insufficient. Other means of asepsis would primarily have to be employed, such as especially the use of a plentiful supply of hot water and soap.

*Electric Baths.*—These can only be given when there is an apparatus fixed for such purpose. The administration for such is classified as:—Whole, Local, Douche.

Sometimes given for rheumatism, sciatica, and certain forms of paralysis.

### Army Nurses and the Unemployed.

The members of Queen Alexandra's Military Nursing Service have contributed £50 to the Queen's Unemployed Fund. We are glad of this, as many poor old soldiers are amongst the men who are out of work, and this seems terribly sad when, so long as they were able, they worked at home and abroad to protect all that makes our lives so safe and happy.

### Recollections: 1899 and 1900.

By AN ARMY RESERVE SISTER.

(Concluded from page 458.)

We went up to Bloemfontein gaily. It was an interesting journey of two nights and two days, through the beautiful Hex Valley, with its Swiss-like scenery, over the broad Orange River by a pontoon bridge, thrown across at Norval's Point to replace one blown up by the Boers—and across the great Karroo.

The latter looked brown and bare after the beautiful vegetation round Wynberg. Here you find tulip and silver trees, maidenhair fern (growing wild), trumpet and arum lilies. The arums grow like weeds in fields and ditches, and are called by the Kaffirs "pig lilies." They would hardly believe it when we told them each flower in England would sell for 6d.

At intervals along the railway were stationed groups of a few soldiers to guard the line, dull and weary work, but with the possibility of sudden life—or death—when de Wet started his little excursions. We were given papers of all sorts to fling from the train to these isolated soldiers, and I can see them now standing with appealing outstretched arms, as the train rushed by.

We met with much kindness on the journey. At one station we wanted water, and a soldier handed us in a big bottle of milk, utterly refusing any payment, and milk was precious in those days. Later on we made tea for some officers in exchange for candles, the bargain being that they should wash up.

Our journey ended at six one morning, and in a few hours all went their different ways, some never to meet again. Of our little party, in a fortnight one had died, another had dysentery, and soon after two others were down with enteric.

The town was practically empty except of the sick, Lord Roberts having marched on to Kroonstad ten days before. Most of the churches, schools, and big buildings were turned into hospitals including the fine Radsaal. This was the finest building in Bloemfontein, and was the Hall of the Legislative Council of the Orange Free State. When I saw it all the desks of the members had been cleared away, to make room for beds; it held about eighty.

A short way outside the town were two large camps, also full of enteric and dysentery—in all about 4,000 sick. To one of these camps another Sister and I were sent. Our greeting from the Head Sister was "Two of you," with scorn, explaining she wanted twelve nurses not two.

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