

## Our Practical Points Prize.

We have pleasure in announcing that the Guinea Prize offered for the best Practical Nursing Point has been awarded to Miss Edla R. Wortabet for the short article on the *Botte Elastique*, and the prize for Half a Guinea to Miss Eleanor Richardson, for her contribution, "Bathing a Patient in Bed."

The entries for this prize were very gratifying, and honourable mention must be made of "How to Sterilise the Nurse," by Miss M. C. Morris; "Aperients," by Miss L. Evans; "Constant Vomiting," by Miss M. Davies; "Thrush," by Miss C. Taylor.

### PRACTICAL POINTS.

#### Botte Elastique.

An "elastic boot" is the best description of the French method of treating ulcers of the leg, the "boot" starting from the instep and reaching, if required, just below the knee. Make a smooth paste of two ounces of oxide of zinc powder and five ounces of pure glycerine. Boil half a pint of water in a pot, which place into a saucepan. Let it cool, and stir in your paste; add two ounces of isinglass, stirring all the time till you have a smooth, milky-looking opaque fluid.

Soak your muslin bandages (the same that you would use for a plaster of Paris) in a 2 per cent. solution of formol, and then put them in the light paste.

In the meantime you will, of course, have thoroughly washed the leg, and dressed the wound according to the doctor's instructions either with ointment or dry dressing.

Now bandage the leg exactly as you would with plaster of Paris, first bandaging with a soft bandage.

Cut out the part over the wound and smooth down the irregular edges, dipping your fingers first in water.

Dress the wound at least once or twice daily.

It is very easy to cut this elastic boot off when desired, as it is soft and as the leg will probably have shrunk, in fact in many cases a fresh one is necessary in about a week, as the inflammation is reduced.

In my experience this is an excellent way of treating fairly fresh ulcers, and also those patients who are compelled to get about a little; but I have not found it very successful in chronic ones, amongst the aged, and amongst those who are obliged to work hard, for if the leg swells, the boot, however elastic, is bound to aggravate the mischief. For the more advanced ulcerated legs, I have found only one remedy—*i.e.*, bed and indefatigable work and patience on the part of the nurse. I have thus cured many a chronic ulcer in workhouse nursing, where they abound.

I first started by fomentations every four hours, using boric for simple ones and mercury for the syphilitic ones. When the ulcer was thus thoroughly cleansed of all the septic stagnant stuff which plugged all the veins, I used ointment for the wound, dressing it at first twice daily and scraping

all the first granulations away, sometimes using red lotion to stimulate the wound, and not till I got the leg and the wound in a healthy condition did I allow the healing and closing process to take place.

If the leg is very hard, painful, and inflamed, glycerine and belladonna ointment might be used before starting the fomentations, as it prevents the discomfort of the constant dressings the fomentations necessarily cause.

E. R. WORTABET.

#### Things Worth Remembering.

*The Nurses' Journal of the Pacific Coast* has a heading "Things Worth Remembering," from which we quote the following useful items of information:—

A handful of common lard rubbed into hair which has not been combed for days or weeks will be of great assistance in removing tangles and getting the hair into order.

In order to draw on rubber gloves easily it is a good plan to place them in a lysol or creoline solution after they have been boiled. The soapy nature of these solutions lubricates the glove and hand.

Equal parts of stearate of zinc and castor oil make the best sort of ointment for bed-sores. It is also valuable in excoriations from hip splints, back braces, preventing moisture and healing at the same time.

In applying a plaster-of-Paris bandage use a teaspoonful of salt to a pint of tepid water. The salt dries the plaster in a short time. To remove the plaster of Paris from the hands granulated sugar rubbed on is about the easiest and most convenient method.

Ecarache which has not yielded to external heat may be relieved as follows:—Make a small funnel of paper; saturate a ball of cotton with chloroform and drop it into the funnel. Place the funnel in the ear and blow into the large end of the funnel once. The fumes of the chloroform are thus carried to the seat of pain and relief is almost instantaneous.

A small bit of ice tied in a piece of gauze and laid on a dying patient's lips keeps the mouth and tongue moist, without causing the patient to choke, which is frequently the case if water is put in the mouth after swallowing has become an impossibility.

#### Clean Linen Saves Life.

General-Surgeon Suguki, of the Imperial Japanese Navy, in his address before the Convention of Military Surgeons of the United States at Detroit, U.S.A., made what was declared by Medical Director J. S. Wise, of the United States Navy, to be the most valuable contribution of modern times to naval surgery. "Much of our success in the treatment of wounds," said Dr. Suguki, "I ascribe to the fact that before every engagement I ordered each member of the crew to bathe and put on perfectly clean underclothing. In a great many cases of shot wounds, fragments of clothing are carried into the body, and our insistence on clean underclothing prevented many cases of blood poisoning among the wounded."

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