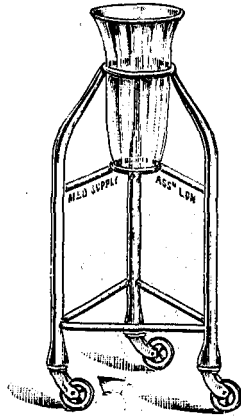


Practical Points.

The Arm Immersion Bowl.

The accompanying illustration is of an arm immersion bowl, supplied by the Medical Supply Association, 228, Gray's Inn Road, W.C. By its means the surgeon can readily immerse the hand and arm to the elbow in an antiseptic solution preparatory to or during an operation. The price of the single bowls, as in our illustration, is £3. Twin immersion bowls, on a stand, together with a basin, are also obtainable.



Alleviating Post-Operative Discomfort.

Miss Agnes Pillow, writing in the *Cleveland Medical Journal*, says: The alleviation of discomforts of a patient after an abdominal operation performed

under ether anesthesia may be:

1. Vomiting: in which case the patient should not have anything by mouth.
2. Nausea: often relieved by inhalation of vinegar from a cloth.
3. Dryness of the tongue and lips, and thirst: moist compress to lips. Allow patient to rinse mouth frequently.
4. Backache: (a) rub back, (b) small pillow to relieve pressure, (c) turn patient slightly on side and support on pillows.
5. Numbness of limbs: (a) massage, (b) elevate knees on pillows.
6. Pains:
 - (1) Pains in head, (a) ice cap, (b) massage.
 - (2) Pain in abdomen due to: (a) gas, which may be relieved by hot water bottle. (b) Distended bladder, hot water bottle over bladder; hot perineal stupes; catheterisation.
 - (c) Wound in abdominal wall; lighten binder. (d) Operation upon viscera; heat.
 - (e) Pain in chest due to pleurisy or pneumonia; pneumonia jacket; ice cap; room temperature 65 to 68 deg. F.
7. Irritation:
 - (1) Skin: from discharges as bile, pus, urine, etc.; cleanliness. Ointments: lanolin, zinc oxid, boric.
 - (2) Irritation of nose and throat: keep air warm and moist; liniment, as camphorated oil.
 - (3) Irritation of eye: dark room; ice compresses.
8. Sore mouth and tongue due to mouth gag or tongue forceps; mouth wash of listerine, 1-8.
9. Sore lips (herpes); vaseline or cold cream.
10. Nervousness:
 - (1) In alcoholics, massage.
 - (2) Morphine fiends, massage.

(3) Neurasthenia: (a) massage, (b) sympathy, (c) scolding.

11. Faintness:

- (1) From loss of blood: (a) elevate foot of bed, (b) bandage legs and arms.
- (2) From pain: (a) hot water bottle, (b) ice.
- (3) From fright: (a) assurance, (b) cheerfulness, (c) sympathy.

The Effect of Sleep on the Process of Digestion.

Should one lie down after meals, and, if so, should one sleep? A contemporary states that Dr. Schüle, an assistant of Bäumlner at Freiburg, has analysed the contents of the stomachs of two normal subjects removed several hours after an identical test meal of bread and distilled water, followed in one instance by sleep, in the other by simple rest in a horizontal position. Dr. Schüle shows that sleep during digestion always results in weakening the motility of the stomach and increasing the acidity of the gastric juice, a fact attributed by him to the irritation caused by the chyme's remaining abnormally long in the stomach. He has also remarked that simple repose in a horizontal position, not accompanied by sleep, stimulates the gastric function without increasing the acidity.

To Sterilise Instruments.—Cutting instruments may be conveniently sterilised by scrubbing with green soap, then wrapping the blades in sterile cotton, saturated with tincture of green soap. This wrapping is allowed to dry on the instruments, and they are put away for future use. Just before using they should be dropped into boiling water.

To Prevent a Chill.—When it is necessary to bathe a baby in a room that is at all chilly, if the nurse will put a hot-water bottle in her lap, properly covered, and let the baby lie upon it, it will obviate the danger of chilling.

A Towel Useful.—In giving a bath and doing up the morning's work, a small towel pinned to the nurses' skirt just under the apron will be found a convenience and do away with entering the bathroom so often to dry the hands. J. H. P.

Better than Gauze.—A cork, readily obtained from an ether can in the operating-room, may be dipped in scraped sapollo and used to clean knives and needles. It serves the purpose much better than gauze.

Food Tips.—Malted milk prepared as for a drink, then frozen, is very acceptable to most patients.

A refreshing drink is made by putting cracked ice, the juice of half a lemon, the juice of an orange, and sugar into the shaker with two raw eggs. Well shaken and then strained, this kind of orangeade is enjoyed by patients who cannot take raw eggs in any other way.

When feeding a patient who is lying in bed, if liquids are placed under the tongue instead of upon it, the patient is not as liable to choke.

Beef or mutton broth, free from fat, seasoned and frozen in an ice-cream freezer, affords an agreeable change from the monotony of diet.—*From American Journal of Nursing.*

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