

Practical Points.

In the *Nurses' Journal of Poisons and their Antidotes*, the Pacific Coast, Miss F. B. Downing, in the department in her charge, gives the following useful synopsis of poisons and their antidotes:—

Acids (corrosive).—Avoid using the stomach pump, and give chalk, magnesia, carbonate of soda (soap) in large quantities, and follow with large draughts of water to dilute the acid.

Aconite.—Evacuate stomach. Give tannin to retard absorption; strychnine, atropine, or caffeine (cautiously) as physiological antidotes. Empty bladder by catheter. Keep warm.

Alcohol.—Empty stomach; keep warm.

Arsenic.—Evacuate stomach. Give sesquioxide of iron (made by adding carbonate of sodium to the tincture of the perchloride); demulcent drinks.

Belladonna.—Evacuate stomach. Give tannin in demulcent drinks; pilocarpine, hypodermically; artificial respiration; whiskey. Keep warm.

Camphor.—Evacuate stomach. Keep warm.

Cantharis.—Empty stomach. Give mucilaginous drinks, sweet oil, opium.

Carbolic acid.—Give alcohol, sat. sol. magnesia sulphate. Avoid oil.

Chloral hydrate.—Empty stomach; apply warmth to surface. Give stimulants; oxygen; artificial respiration; electricity.

Chloroform.—Patient's head down; pull tongue forward; artificial respiration, tongue tractions; whiskey, strychnine, atropine, hypodermically.

Cocaine.—Empty stomach if poison is taken by mouth. Heat to extremities. Strong coffee, strychnine, morphine, chloroform for respiratory spasms.

Croton oil.—Empty stomach. Give opiates and camphor in demulcent drinks; stimulants.

Digitalis.—Wash out stomach. Tannin and stimulants; strychnine for heart failure. Absolute rest.

Ergot.—Empty stomach. Give castor oil, then tannin; stimulants. Absolute rest.

Gas.—Fresh air; artificial respiration; faradism of phrenic nerve; oxygen inhalations; warmth. Cold effusions to stimulate respiration.

Opium and morphine.—Stomach pump; caffeine and strychnine, permanganate of potassium in one per cent. solutions, taken *ad lib.*; repeat from time to time. Prevent sleep by walking, cold douche, electricity, strong hot coffee by mouth.

Oxalic acid.—Empty stomach. Give lime, chalk, or magnesia. Copious draughts of water. Heat to surface.

Phenacetin.—Recumbent position. Give strychnine, caffeine.

Strychnine.—Empty stomach. Give tannin and vegetable astringents freely, or 10 to 30 drops of tincture of iodine; chloral and bromides; inhalations of chloroform; opium. Artificial respiration and inhalations of oxygen. Keep absolutely quiet.

Poisoning by Food.—In poisoning by shellfish, ice-cream, cheese, stale fish or meat, empty stomach. Give saline purgatives and stimulants.

Fungi.—Empty stomach. Give castor oil. Heat to surface. Stimulants.

Insect bites.—Apply ammonia.

Stinging of hornets or bees.—Opium and camphor may be applied.

Snake bites.—Tie limb above wound; cup wound, enlarging if necessary with a knife; apply ammonia or permanganate. Give strychnine and whiskey.

Professor Wolfram C.

X-ray Burn.

Fuchs, of Chicago, has fallen a victim to over-exposure to Röntgen Rays. After doing much work with these rays, Professor Fuchs developed a severe inflammation of the skin, which did not subside, and the affected part subsequently became the seat of cancerous disease, with fatal result. The inflammation of the skin—dermatitis—that follows over-exposure to Röntgen Rays is peculiar in that it does not come on for some little time after the exposure. It is a very severe affection, and is familiarly known as "X-ray burn" among radiographers. But although several fatalities have occurred from excessive "burning," the possibility of over-exposure leading to the development of cancer has not hitherto been seriously considered. In expert hands, however, there is no danger to patients of the slightest "burning" from an X-ray machine, and victims have mostly been radiographers themselves, who in the press of work have not taken proper care of their hands and arms.

Dr. Stretch Dowse, in his

Sleeplessness.

"Lectures on Massage and Electricity in the Treatment of Disease," says in regard to sleeplessness that it grows surely and unconsciously by habit; it becomes aggravated, and increased by continuance; it is the precursor of the most serious consequences; it is invariably associated with an irritable, excitable, over-taxed condition of the brain; it denotes a laxity of the cerebral vessels, and a sluggishness of the cerebral circulation, it is an unnatural and abnormal perversion of one of the grandest of Nature's laws. Rest of mind and body by sleep, untrammelled sleep, is essential to the due performance of both mental and bodily labour, and to the physical and mental well-being of man. In health, fatigue and sleep go hand in hand, but even in health one finds sometimes that over-fatigue from too great muscular exercise tends to an irritable state of the brain and sleeplessness, and this is usually attended with some amount of mental excitement.

It is astonishing what slight influences will often bring about or retard sleep. Everyone knows the influence of habit, not only in regard to time, but also as to place and circumstances, in predisposing to sleep.

It is related of the Abbé Faria, who acquired notoriety through his power of inducing somnambulism, that he was accustomed merely to place his patient in an armchair, and then, after telling him to shut his eyes and collect himself, to pronounce in a strong and imperative tone the word "dormez," which was usually successful.

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