

Our Nursing History Prize.

We have pleasure in announcing that Miss N. Bradbury, New City Hospital, Fazakerley, Liverpool, is the prize-winner for March, and that "A History of Nursing," in two volumes, has consequently been forwarded to her.

KEY TO PUZZLES.

- No. 1.—Brand's Beef Essence.
BR hands bee F essence.
- No. 2.—Universal Hair Company.
Universe awl hare CUM penny.
- No. 3.—"Thermos" Flask.
TH ER M 'oss F lass K.
- No. 4.—Grape-Nuts Company.
Grape knuts cow M pan eye.

The following competitors have also solved the puzzles correctly:—

Miss E. Bain, Edinburgh; O. B. Hughes, Nottingham; A. Taylor, Malvern; M. Whitworth, Maidstone; A. R. Colhoun, Reigate; M. Braye, Mountsorrel; C. Harford, Banbury; M. Egan, Wicklow; F. Longley, East Grinstead; C. Rose, Inverness; Nurse Lenthall, Stirminster Newton; Nurse Maddock, Shrewsbury; V. O'Dowd, Dublin; M. W. Smellie, Dumfries; A. Holding, Mortlake; H. E. Denholm Colinton; M. Cockle, Brixton; E. Kerr, Teddington; G. B. Macvitie, Hertingfordbury; M. E. Leng, Ulverston; A. M. Warren, London; T. Last, Paddington; C. L. Barker, Bath; A. May, Brighton; T. Jenkins, London; L. Mackenzie, Leith; K. Murley, Reading; C. Murphy, Dublin; F. W. Pritchard, Brixton; M. Modlin, Brixton; H. Lord, Kensington; T. C. Douglas, Stirling; A. Holland, Manchester; E. E. Martin, Hindhead; A. E. Little, Newmarket; A. C. Maxwell Moffat, Plymouth; M. Taylor, Brighton; S. S. Sherring, Liverpool; L. M. Simpson, Surbiton; E. M. Dickson, Chatham; F. Sheppard, Eastbourne; S. Mirven, London; M. S. Ford, Holloway; C. F. White, Battersea; Miss Westcott, Tooting; A. M. Shoesmith, Durham; M. Vernon, Leicester; J. Lawson, Edinburgh; C. O'Grady, Belfast; M. Pritchard, Kingston Hill; K. Lang, Falkirk; A. E. Rider, London; E. S. Sills, Grantham; K. Peacock, Torquay; L. Davies, Witherley; A. B. Hindley, Shanklin; M. Ross, Glasgow; E. Beaver, Horrabridge; A. Jones, Dalgely; M. Grant, Bristol; A. S. Coster, Cork; E. Dinnie, Harrow; E. Matthews, Ryhope; K. Eekersley, Middlesbro'; M. Arnold, Bangor; M. A. Taylor, Penge; S. Gay, Cardiff; B. M. Barton, Walsall; M. R. Fletcher, E. Moseley; B. D. Scott, Carrickfergus; Nurse Farrer-Baynes, Birkdale; C. Mostyn, Swansea; Nurse Foreman, Bexley Heath; T. Dunne, Cork; Nurse Eliza, Middlesbro'; E. McGowan, London; E. N. Watson, Birkenhead.

SIGNATURE.

Will competitors for the prize puzzle competition note that all coupons sent in should bear the initials as well as the surname of the competitor, with Mrs. or Miss in brackets.

The rules for the competition remain the same. They are to be found on Page XII.

A guinea, instead of the "History of Nursing," will be awarded until further notice.

Practical Points.

The *Bl. j. klin. Hydrother.*

The Scotch Rub. points out in a recent issue that unfortunately the denomination of hydrotherapeutic applications in the English language is yet uncertain, changing, and misleading. The terms ablution, friction, rub, sponge-bath, towel-bath, and wash are used indiscriminately. We have to distinguish whether the procedure is combined with a mechanic stimulus or not. We cannot apply a friction with satisfactory effect by means of a sponge or soft cloth. In order to secure a strict technique, which is essential, we have to separate the procedures, working by a mere thermic agent and those combining thermic and mechanic stimuli. Thus the terms ablution, sponge-bath, and wash are to be used for the first-named procedure, and friction, corresponding to the German Abwaschung; rub and towel-bath for the second class, the Abreibung in German. Both sorts often have in hydrotherapeutic literature the adjective "partial," because one part of the body is wetted and dried before the following part is touched. This epithet is superfluous, as the applications made upon the whole surface have their own names.

An ablution, sponge-bath, or wash can be administered ice-cold, cold, medium, or hot concerning temperature. The medium one (cool, temperate, or warm) is exclusively used for cleansing, and is no hydiatic factor. To apply cold water with a sponge is a hydrotherapeutic misdemeanour, as the procedure without mechanic effect brings about no satisfactory reaction. In this country, therefore, instinctively, the addition of alcohol is used to enforce the effect desired. In speaking of a sponge-bath with alcohol, or an alcohol wash, friction is or should be meant; thus the denomination is defective. Pure thermic effect can be obtained only by extreme degrees. The icy-cold sponge has been introduced into hydrotherapy by the Swedish professor Aberg; hence the expression Aberg (ice water) ablution. In this a sponge is wrung out of really icy water, and face, neck, chest, etc., rapidly washed, and the water gently tapped off the wetted area. Here the very cold temperature substitutes the missing mechanic influence. Aberg's wash is extraordinarily useful and pleasant, but here nearly unknown. The hot sponge is used for quick, short stimulation. A hot rub is not used, as the heat acts without friction. The most frequently applied procedure in hydrotherapy is the cold rub or friction or towel-bath. In this one part of the body (nearest arm, other arm, face, neck, chest, abdomen, back, nearest thigh, nearest calf and foot, other leg) is rubbed as vigorously as the area allows either with a cold, wet rough cloth or mitten, or the part is quickly covered with a rough, wet, cold towel, and rubbed over this. Thus, thermic and mechanic stimuli combined act to secure the desired effect. In this application the water shall be cold, but it is not necessary to take it icy. A neutrally warm temperature would not attain the full effect.

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