

close observation and fussy details. Massage and electrical treatment are often of great benefit to nervous patients, and a nurse knowing the methods is invaluable, especially in cases of malnutrition and insomnia.

HONOURABLE MENTION.

The following competitors receive honourable mention:—Mrs. E. E. Farthing, Miss S. A. Backhouse, Miss E. Trevethan, Miss L. M. Smith, Miss B. B. Owen, Miss L. Bullivant, Miss E. M. Streeter, Miss E. E. Hall, Miss A. McClure.

QUESTION FOR NEXT WEEK.

What symptoms would lead you to apprehend the onset of (1) sapræmia and (2) septicæmia in a lying-in woman?

PRECAUTIONS AGAINST AERIAL ATTACKS.

The dangers of an aerial raid may, says the *Lancet* in the following article, be said to be threefold. There is, first, the actual explosion of the dropped bomb, which may instantly destroy life by the intense concussion formed, this acting directly or indirectly; there is the chance of poisonous gases being released; and, lastly, the incendiary bomb may cause a serious outbreak of fire. It is well to be on our guard against these contingencies. Of course, little or nothing can be done in the first contingency. Concealment in a well-protected shelter, as in an underground cellar, may be possible for some people in some circumstances, but the number of people to whom the advice applies is small. The protection of the household against poisonous or asphyxiating gases discharged by bombs at once suggests the same measures taken by our soldiers in the trenches. It is well to remember that most, if not all, asphyxiating gases are acid in character, and that therefore they can generally be neutralised by the use of an alkali. The available alkali in every house is common washing soda. The bath towel made of netting, with a big mesh, when soaked in a 10 per cent. solution (1 lb. in one gallon of water) of this salt, and the excess squeezed out, would enable, in all probability, a person to breathe in an atmosphere contaminated by chlorine, nitrogen oxides, or sulphurous acid gas. The towel should be in double or quadruple layers, so as to expose as much as possible the contaminated air to the neutralising action of the alkali. A dish-cloth or a well-squeezed-out sponge soaked in the same alkaline solution would answer equally

well. The sponge forms a very comfortable and efficient respirator if thoroughly squeezed out before application. It adapts itself well to the mouth and nose. The breathing should be slow, inwards through the mouth and outwards through the nose. The protection of the eyes, unless special goggles are used, is more difficult, the simplest precaution being to shut them tightly in the event of the gas causing extreme irritation, until a purer atmosphere is reached.

In any case it is well to learn how to move in an enforced darkness in one's own house. In the event of an outbreak of fire the sooner steps are taken the better chance there is of keeping the outbreak local. There is nothing so effectual as a wet blanket thrown over the scene of conflagration, followed by the application of buckets of water on the blanket. We strongly advise all those who possess gardening hose to have it near at hand for use in the house. Small fires can be quenched by throwing upon them a solution of ammonium chloride mixed with common salt; this when used at the outset is often effective. There are many chemical extincteurs on the market, some good, some worthless, but all requiring more or less technical management. It is doubtful whether the public should be advised to incur the outlay which their installation in the house involves, especially as a pail of ammonium chloride solution and a syringe would probably meet the case just as well. The simpler the precautions are the better, for as a rule simplicity in the matter of appliances generally means much less nervous handling in moments of excitement, and a more effective dealing with the situation.

The public would be well advised also if on retiring they turned off all lighting services at the meter and for night use reverted to candles. The house might be placed in great danger if gas or electric mains were damaged by an explosion or fire. It is well to remember what potentialities these services mean when they are let loose. The switch and the tap will control these, but if any part of the system is destroyed behind these, the outbreak may well defeat all attempts to subdue it.

WELCOME HELP.

The President of the Society for the State Registration of Trained Nurses acknowledges with thanks the following donations:—Anon (per Miss Breay), £2; Miss Obee, R.N.S., 10s.; Miss Jessie Grant (India), 5s.; Miss Evelyn Thompson, 5s.; and Miss Mary E. Kennedy, 1s. 6d.

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