

## NURSING ECHOES.

The rectal temperature—taken four-hourly in the collapse stage—indicates the temperature at which the intravenous saline solutions are given. The fluid in the container should be about 100 deg. F. if the rectal temperature is below 99 deg. F. If the rectal temperature is above 100 deg. F., to avoid the injected fluid bringing on hyperpyrexia, it should be at a temperature of 80 deg. F. to 90 deg. F. when given, that is, well below blood heat. The rate of flow can be up to 4 oz. a minute, but is reduced to 1 oz. per minute if headache or distress occurs. Three to six pints are given. The amount necessary can be estimated from the blood specific gravity figure.

The relief following the transfusion may send the patient to sleep. Repeated injections are often necessary, are not harmful, and very often give the best results.

If the temperature after transfusion reaches 103.5 deg. F., cold sponging should be used to prevent dangerous pyrexia; restlessness is often a sign of approaching danger.

In pregnant patients, removal of the foetus has reduced the mortality rate.

Alcohol should be avoided in the algid stage, morphia is believed to increase the danger of suppression of urine.

*Prophylaxis.*—During epidemics care should be used to preserve general health. Fear and apprehension are bad, they check the secretion of gastric juice and so reduce resistance. Fatigue, chills and dietetic or alcoholic excesses must be avoided. Avoid cholera districts, if possible, on your visiting round.

Unripe or over-ripe fruit, melons, cucumbers, or like vegetables; shellfish, decomposing food or anything liable to upset the digestive processes should be avoided.

Saline purgatives should not be taken at these times.

All water used for drinking and domestic purposes should be boiled. Filters cannot be always relied on. Large water supplies should be protected and treated with potassium permanganate or other method.

Every measure to exterminate flies should be used and food and water protected from them.

Where much water is needed a good plan is to provide weak tea or lemon decoction.

Sunlight and drying quickly kill the germs, but they can live some time in moisture. Sheets and bedding, when soiled, must be allowed to soak in disinfectant solution (cresol 5 per cent.).

On an outbreak, mass vaccination should be carried out (doctors and nurses should be included). This protects for about six months. Vaccines taken by mouth are less effective. The essential oil mixture can be taken in teaspoonful doses twice daily as a prophylactic for a short time.

The nurse must take care of her own health, getting full time off for fresh air, exercise and rest. Meals should not be taken in proximity to the patients. Handshaking and habits such as nail-biting, fingering the lips and even the use of lipstick may lead to infection. All cases of diarrhoea, however slight, should be reported to the doctor.

Whiskey and brandy, added to infected water, will not sterilise it. Avoid ice in drinks. Remember the water for teeth-cleaning in your room, boil it. When your servant is absent, add some eau-de-Cologne to the toilet-jug water. Smell the water in the carafe before drinking it or cleaning your teeth. If it has been replenished from the toilet jug you will then detect it. Dr. Balfour Kirk, who suggests this plan, says that if in consequence among the servants "you get the reputation of possessing supernatural powers it may not prove a disadvantage in your house or hospital."

Those who attended Mr. W. E. Cooke's Lecture found it so instructive that we are hoping that he will find time to deliver other Lectures at the British College of Nurses.

We publish on the opposite page a portrait of Her Royal Highness The Duchess of Kent, in her arms a perfectly lovely child, the little Princess Alexandra of Kent. Is it not a joy to see the reward of maternal love? If only we lived in a world where all babes could be nourished and cared for, in a hygienic environment, what a different world it would be!

Great strides are being taken through health centres to cherish our mothers and children—and the example in high places will greatly aid the furtherance of standards of health and beauty.

The Duchess of Gloucester sent the following message to the students attending the winter school for health visitors and school nurses at Bedford College for Women. The school this year is the largest ever held, 260 students attending.

In her message the Duchess of Gloucester said: "I fully realise the value of the fine and increasing work done by the health visitors and those employed in social service, and the unselfishness you display in giving up the Christmas holiday to further your knowledge of the many subjects involved is a splendid example."

At a recent meeting of the Council of the Queen's Institute of District Nursing, the Earl of Athlone presiding, it was stated that the Minister of Health had written to the chairman of the Council expressing appreciation of the vital part which district nurses played in the health services of the country.

It is hoped that the district nurses will take a share in the national health campaign, and the nursing associations have been asked to co-operate with the local authorities in every possible way.

The chairman, referring to the Gardens Scheme, said that the record amount of £13,529 had been raised for the Institute and the nursing associations, in the counties where the gardens had been opened.

We wonder who evolved the Gardens Scheme? It was a bright idea.

The National Gardens Scheme of the Queen's Institute of District Nursing has since 1927 collected £114,642 for the work of the Institute and of the Nursing Associations in England and Wales. The King has allowed the gardens at Sandringham to be opened, a privilege appreciated by many hundreds of people, and which has brought in no less a sum than £900. The idea of the National Gardens Scheme is indeed a very happy one, for not only does the Queen's Institute benefit to the extent of many thousands of pounds a year, but the privilege of visiting the many lovely and historic gardens thrown open gives the greatest enjoyment to thousands of flower-loving people, and incidentally encourages them to study horticulture and add to the beauty of their environment.

The Dutch Royal Family spent Christmas in the Civilians' Hospital in Amsterdam, where Prince Bernhard was recovering from his motor injuries. The Queen made presents to each patient and to the whole staff of the

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