

### Notice.

FOR the future, copies of the NURSING RECORD will be on sale at 269, Regent Street, price 1d. As this address is close to Oxford Circus, it will be found a Central Depot.

### Comments and Replies.

*Amateur, Leeds.*—The best way to keep a meal hot is to set the plate holding the food on a pan of boiling water over the fire, covering the plate with a pan which just fits over it. The food is thus kept hot, without being dried, and the china is not discoloured.

*Private Nurse.*—Much may be done to tempt the appetite of a patient by a daintily arranged tray. Badly served food is always unappetising. Of course it is assumed that the food itself is well prepared. Tasteful serving is useless, unless the thing served is wholesome and well cooked, taking this, however, for granted as an essential preliminary, the arrangement of an invalid's tray is of great importance. Colours should be considered, the tray cloth snowy, and dishes and plates hot, the china and glass thin and dainty, and the silver irreproachably bright. A small vase of flowers, and some fruit, if permitted, tastefully arranged, add to the appetising appearance of a meal.

*Monthly Nurse.*—Embolism of the lung is a condition which usually comes on, when it occurs in lying-in cases, with appalling suddenness. The patient gasps for breath, becomes intensely white or purple, and frequently dies, before aid can be obtained, in a few moments. It must always be remembered that in such a case artificial respiration should be kept up until medical assistance is obtained,

even if the case is apparently hopeless, as, though the greater number of such cases die, occasionally most unexpected results are obtained in cases which seem past recovery. The reason for this condition is that a clot of blood, which has become detached from a thrombus elsewhere, is carried by the circulation into the lung where it is stopped by the smaller size of a blood vessel. Lying-in women are, as is well known, specially liable to blood-clotting, and it is of the utmost importance that they should be kept absolutely quiet in bed for at least the first ten days after delivery.

*Mrs. Robinson, London.*—It is not generally known that water boils at different temperatures, according to the elevation above the sea-level. Thus, at Munich, it boils at 209½°; in the City of Mexico, at 200°; and in the Himalayas, at an elevation of 18,000 feet above the sea level, at 180°. Again, by enclosing a vessel of water in a glass bell, and exhausting the air by means of an air-pump, water may be made to boil at a temperature of 70° Fahr. You will understand, therefore, that boiling water is not necessarily of a uniform temperature. 212° Fahr., however, is accepted as the usual standard of boiling water.

*Assistant Nurse.*—Anæsthetics may be either local or general in their effect. They are any agents which are used to produce a condition in which there is an absence of sensation. As a rule, anæsthetics are administered in the form of vapour, or gas, which is inhaled into the lungs, and carried thence by the circulation to the nerve centres upon which it acts. Local anæsthesia is produced by the subcutaneous injection of liquid agents, or by their external application. Chloroform and ether are the systemic anæsthetics most usually employed, and cocaine, in solution of from 1 to 20 per cent. in strength, is perhaps the most usual local anæsthetic.

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