


**Medical Matters.****SILVER STAINS.**


A NURSE who has had her fingers much stained by nitrate of silver, which she is required to use as a dressing for a patient, asks our advice as to the best method of removing such marks from the hands and clothing. There is always a certain amount of difficulty in doing this, and, as a general rule, clothing which is much stained with nitrate of silver, must be regarded as ruined. For the skin and for some materials, the following method is good and usually efficient. Iodide of potassium is dissolved in distilled water, and tincture of iodine is added to the solution, which must be kept in a well stoppered bottle and in a cool place. A few drops of this are placed upon the nitrate of silver stain and form iodide of silver; after a few minutes a few drops of 10 per cent. solution of caustic soda is placed on the stains and dissolves the iodide of silver which must then be washed away in a stream of running water from a tap.

**BABY BANDS.**

AMERICAN Physicians have recently been devoting their attention to this subject, and have published their opinions at some length. In brief, they consider that most baby bands are very unsatisfactory, ninety per cent. being made of two layers of muslin with about two small darts in the lower edge, and wide enough to come up well under the baby's arms. These are generally pinned up the back with about five small safety pins, and when put on by most women the child's chest is so cramped it can scarcely breathe; whereas, it is of course most important for the newly born that the chest should be left free from any constriction. There is only one band, says one writer, that will give the pressure over the cord and leave the chest free. This is made with armholes, closing with buttons and button-holes over the shoulders, and having a wide opening at one side of the abdomen. The band is put on from in front, and after it is buttoned over the shoulder the tails pass round the body, one passing through the opening, and pinned in front, one pin holding the band firmly, and giving the pressure over the cord and nowhere else. This band will stay in place without further attention, for there is no chance for it to slip in any direction.

**VERY ELEMENTARY PHYSIOLOGY.**

A CORRESPONDENT of the *New York Sun* sends the following answers made by pupils about twelve years of age upon a written examination in physiology and hygiene, and vouches for their genuineness:

"The bones hold up the body and we could not walk without them."—"The stomach is a pear-shaped bag furnished with skin."—"If it wasn't for the bones we would be like a caterpillar and couldn't walk."—"The stomach is a pear-shaped bag. It holds the head, trunk, and limbs, and the head is a round ball on top of the stomach. It holds the brain and the trunk, the chest and abdomen."—"The puls is the beating of an artery in the wrist, and we need the puls because then the Doctor can tell whether we are in poor health or bad health."—"Tobacco makes the hart beat eragular and weakens the hart."—"The liver can be felt below the ribs and it makes the bile."—"The pulse is a little thing in the wrist and it tells when a person is not healthy."—"The capillars are a net-work of long capillars and they gragly be and unite with the veins."—"The most important articles of diet are clothing, pure food, fresh air, exercise, and potatoes."—"Gymnastic is an exercise. You do that with dumb poles."

**BREAD.**

THE dyspepsia from which Americans suffer is almost proverbial and has been explained, more or less satisfactorily, in many ways. A new theory is advanced by the editor of the *Medico-Surgical Bulletin*, who considers that one of the most destructive articles to civilized digestion is bread, as ordinarily eaten. He speaks of the sodden pie of New England and the under-done hoecake of the South in terms that glow and burn as if they were fresh coined from the mint of personal experience. He suggests pulled bread as a substitute for the doughy and pasty article of the average household. "A simpler plan is to cut good home-made bread or baker's bread into thin slices and dry it thoroughly in the oven. It need not be browned or toasted. Drying is an excellent test for bread. If, after this process, it breaks like a file or tastes like a shingle-nail, the inference is warranted that the bread is not so light as it might be!" After all, it would seem that there are some things we can still teach our American cousins.

[previous page](#)

[next page](#)