

ingrafting, which is the term they give it. There is a set of old women who make it their business to perform the operation every autumn in the month of September. Every year thousands undergo this operation, and the French Ambassador says pleasantly that they take the smallpox here by way of diversion as they take the waters in other countries. There is no example of anyone who has died in it; and you may believe I am well satisfied of the safety of this experiment since I intend to try it on my dear little son. I am patriot enough to take pains to bring this useful invention into fashion in England."

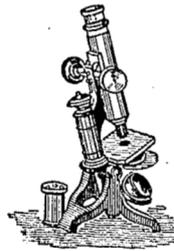
Four years later, on her return to England, Lady Mary had her daughter inoculated, she being the first person so treated in this country. Six condemned criminals in Newgate were then operated upon, and the experiment being successful, the fashion of "ingrafting" was then set by the inoculation of the two little daughters of the Princess of Wales. Wealthy people rushed to the doctors for this purpose, but several deaths soon shook the confidence of the public in the practice for a time, though eventually it was revived, and both in this country and abroad, was prevalent amongst the wealthy classes until it was superseded by vaccination. We are wiser now, and look back with amazement to this clumsy method of dealing with the disease. Will succeeding generations regard our present fashion of introducing the serum of the blood of horses, infected by disease, into our systems with the same feeling?

#### CHRISTMAS GIFTS FOR THE FRONT.

There are so many British nurses at present in South Africa that the suggestions made by Sir John Furley as to the packing of parcels for the front, is most opportune. Sir John Furley is exceptionally well qualified to give an opinion, as during his visit to South Africa last year he had ample opportunities of observing the condition of badly packed parcels. His experience leads him to give the following suggestions:— "I would advise (a) that the case should not be too large, but of portable size and weight; (b) that articles of a dissimilar character should be packed separately; (c) that the address be painted on one side only of each case, and that the other sides be kept free from advertisements, which only confuse the porters who have to handle them." While many consignments arrived in South Africa in excellent condition there were many wasteful exceptions.

## Medical Matters.

### REST — A NEGLECTED FACTOR IN THE TREATMENT OF GASTRO-INTESTINAL DISORDERS.



Dr. C. D. Spivak reasons that rest is quite as useful in the treatment of gastro-intestinal diseases or disturbances as in surgical or nervous affections, and yet rarely employed. He describes three methods by which rest can be given the affected digestive organs: (1) Rest in bed; (2) diet; (3) hot poultices. These are thus explained: (1) *Rest in bed.*— In severe cases I follow the method of Weir-Mitchell to the letter: 1. Absolute rest in bed. Sitting is not allowed under any circumstances. The bowels are regulated; the bed pan is used. 2. Sponging the whole body every morning. 3. Isolation. 4. Massage. I have not yet had a case that required electricity. In milder cases I use my judgment as to isolation and massage. (2) *Diet.*— In many severe cases of gastro-intestinal disorders the best bill of fare is abstinence. One, two, or even three days' fasting will do no harm in cases of ulcer, dyspepsias and diarrhoeas of all kinds and varieties. Nutritive enemata can be employed in cases where a longer period of fasting is necessary. When food by the mouth is allowed, it must be given in small quantities, no matter whether liquid or solid, and at regular intervals. Every case must be individualized as to the quality and quantity of food. (3) *Poultices.*— I shall not attempt to formulate a theory as to the action of poultices. Whether the poultices hasten the expulsion of food from the stomach, as has been shown experimentally by Fleischer, or they cause the acceleration of the circulation of the blood in the abdominal viscera, is not yet definitely settled. I am certain, however, of one thing, and that is that as they aid the peristaltic movements of the stomach they make the patient feel comfortable, and keep him warm and at rest. *The poultices take the place of splints.* In severe cases the poultices are applied constantly during the day for one and two weeks; in milder cases from four to eight hours daily. Dr. Spivak, after reporting nine cases in which this method produced prompt curative results, reaches the following conclusions as to the indications for it: 1. It is indicated in all dyspepsias, the underlying cause of which is

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