

Practical Points.

The Care of Milk.

Dr. L. Emmett Holt, LL.D., in a useful Catechism for the use of mothers and children's nurses on the "Care and Feeding of Children," advises that milk for the use of infants when received into the house should be treated as follows:—It should be strained through a thick layer of absorbent cotton, or several thicknesses of cheese-cloth, into quart glass jars or milk bottles, which should be covered and cooled immediately, best by placing the bottles quite up to their necks in ice-water or cold spring water, where they should stand for at least half-an-hour. That required for children who take plain milk may now be poured into half-pint bottles, stopped with cottonwool, and put in the ice chest, or the coolest place possible. The first rapid cooling is very important, and adds much to the keeping qualities of the milk. Milk loses its heat very quickly when cooled in water, but very slowly when it is simply placed in a cold room. After standing four or five hours the top milk may be removed; after twelve to sixteen hours the cream may be removed.

Green Soap.

We have recently received several inquiries as to the composition of green soap (*Sapo Viridis*), which is so often recommended for cleansing the skin of patients before operation. It is also employed for ward scrubbing, but an objection to its use in large quantities is the expense. The following formula may be used in its preparation:—Place in a two-quart granite iron measure half a pound of caustic potash. (This may be procured in slices resembling chalk crayons from a manufacturing druggist, and should be handled cautiously, as it eats with the same facility as it does oil, human flesh, dress goods, shoes, paint, &c., with much less happy effect.) Pour over the caustic potash a little less than a pint of water. As you stir this to dissolve the potash, pour in at the same time three cups of linseed-oil.

The potash will heat the water sufficiently as it dissolves, so much so that it will not do to dissolve it in glass, as the heat will break an ordinary glass vessel. When cool it may be transferred to an ordinary two quart preserve jar. The oil will rise at first and separate from the potash solution. Fasten down the top of the preserve jar securely, and from time to time shake it vigorously. Very soon the oil will thicken and become absorbed by the solution, and by the end of forty-eight hours you will see streaks of transparent jelly beginning to form in the mass; these will increase until the whole becomes a transparent soft soap.

Now is the time to place this in a gallon measure which may afterwards be filled to the top with boiling water. Stir this with your soap until they are easily mixed, and then transfer into covered glass jars. When it has cooled it will look like a hard, clear, lemon jelly.

If an alcoholic solution is required, it may be prepared as follows:—Green soap 10 oz. (avoirdupois), oil of lavender 3 drachms, alcohol q.s. to make 15 oz. Let this stand until dissolved, and filter.

The soap is one which is now so commonly used that all nurses should be acquainted with the method of its preparation.

Nursing Echoes.

* * * All communications must be duly authenticated with name and address, not for publication, but as evidence of good faith, and should be addressed to the Editor, 20, Upper Wimpole Street, W.



A patient who regularly visits the out-patient department of the London Hospital at the present time is "Spot," a small black and white fox terrier. Discovered by a porter, limping up the drive with a bad cut on his foot, he was taken by a porter to the receiving-room and treated as a casual. On the three following days the dog presented himself punctually at 11.15 for treatment. Now the assistant-engineer has adopted him, and still, after a quiet stroll after breakfast, off goes the dog to the receiving-room to have his leg attended to, an operation which he undergoes with great courage, subsequently expressing his gratitude to the nurse who attends him by licking her hand.

Miss Kellerman, whose fine exhibition of swimming in her attempt to cross the Channel last week gained much admiration, was accompanied by a tug, which carried amongst others Nurse José from the Victoria Hospital, Dover, and Mrs. Lewis, a masseuse. After five hours in the water, during which she had swum and drifted about ten miles, she began to suffer a good deal from the sickness common to long-distance swimmers. In spite of this she continued swimming steadily for another hour, when she was taken on board the tug and attended to by Nurse José and Mrs. Lewis. There would seem to be few occasions at the present time when the presence of the trained nurse is not a desideratum.

A special fund is being started, under the auspices of the Somerset County Nursing Association, with the object of organising a staff of nurses for emergency work in districts which are unable through poverty, isolation, or smallness of population, and other causes, to support a permanent nurse. A fête, with the object of raising funds for the project, on rather a large scale is to be held on Thursday next, at Quantock Lodge, Bridgwater, by the kind permission of Mr. E. J. Stanley, M.P., and the Hon. Mrs. Stanley.

An Association has recently been formed in Berkshire with the object of increasing the efficiency of district nursing and of arranging for the adequate training of nurses. The Hon. Secretary is Miss Mary Hughes, of Yattendon Grange, and the Hon.

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