

instead of remaining in the organ, and thus keeping up constant nausea.

After the first twenty-four hours are over, the patient is given milk or milk-and-water in teaspoonful doses, gradually increased if sickness is not induced; because, if larger quantities were given at once, the stomach would probably continue to reject the nourishment, and so a gradually increasing degree of exhaustion would be produced. This also explains why enemata of beef-tea and brandy, or other nourishing and stimulating fluids are given to such patients, instead of continuing to feed them by the mouth; and, as a general rule, twenty-four or thirty-six hours' starvation cures the irritability of the stomach, and it is possible then to resume the ordinary feeding. With regard to this dangerous symptom of sickness, then, if the bicarbonate of soda fails, relief is often given by administering one tablespoonful of the liquid white of a perfectly fresh egg, the remaining tablespoonful being given about a quarter of an hour afterwards, if the first dose is retained. The fluid white of egg is almost pure albumen, and coats over the irritable mucous membrane of the stomach, soothing it exactly like a poultice. A mustard leaf over the pit of the stomach may be combined with this, very usefully, kept on until the skin is deeply reddened. This has a double effect. Mentally, the stinging of the mustard takes the patient's mind from the nausea, and therefore makes her feel less sick, whilst the drawing of a certain amount of blood to the surface of the skin relieves the congestion of the stomach which is associated with vomiting.

Sometimes the sickness persists simply because the patient feels empty and exhausted, and then a little brandy and soda gives the most rapid relief, whilst in other cases a small cup of hot tea is even more efficacious.

After sixty hours, as a rule, an aperient is given, and the object of that is chiefly to prevent the absorption of poisons from the intestine into the patient's system, and thus obviate the occurrence of peritonitis or other septic conditions. However simple the case, an experienced operator is never comfortable about the patient until this danger has been averted and a free action of the bowels has been secured; and until that has been obtained, the less the patient has in the way of food, the better will be her subsequent progress.

After the third day, so long as the patient is not over-fed, the dieting is not of such extreme importance, and she is allowed fish, and then chicken and bread and butter, and gradually returns to ordinary diet.

Our Guinea Puzzle Prize.

We have pleasure in announcing that our Guinea Prize for December has been won by Miss S. Mollison, 11, Manor Place, Edinburgh.

- No. 1. Bragg's Charcoal Biscuits.
Brag's chair coal B.I.S. quots.
- No. 2. Icilma.
I'se ill ma.
- No. 3. Moseley's Food.
Mow cell eyes food.
- No. 4. Milo Food.
Mile o' food.

The following competitors have solved the puzzles correctly:—

M. A. Watkins, Newcastle-on-Tyne; M. E. Chick, Camelford; M. Stringer, Hampstead; B. Sheard, Chislehurst; I. Sherlock, Wandsworth; M. Pegg, Leicester; G. Lofts, Birmingham; R. Cotes, Edinburgh; K. Eckersley, Middlesborough; C. Moore, Grantham; Nurse Cope, Poole; Nurse Eliza, Middlesborough; M. Bryan, Liverpool; C. Bostock, Dublin; A. Cook, Perth; M. Aldous, Norwich; E. M. Dickson, Rosherville; T. Bowers, Southsea; G. Allen, Brighton; A. Macdonnell, Belfast; W. E. Martin, Kensington; F. Sheppard, Broadstairs; M. Ward, Glasgow; A. Mostyn, Cardiff; Mrs. Shoesmith, Durham; A. Foster, Cork; E. C. Mellor, Lancaster; M. Parry, Maida Vale; C. Craig, Paddington; L. Tregaskis, Falmouth; N. F. Brash, Walsall; H. Dibben, Lynton; R. O'Toole, Limerick; A. Milner, Eastbourne; C. A. Maguire, Belfast; M. Power, Leeds; T. Long, London, W.; P. Myers, Hackney; V. A. Rose, Inverness; M. Phillips, London, E.C.; M. Carstairs, Swansea; L. Pelly, Fulham; N. O. Tauner, Birmingham; A. Best, York; S. Maclean, Glasgow; M. H. Sherlock, Leicester; E. F. Ewbank, London, W.; M. J. Rutter, Cheslyn Hay, G. M. Smart, Cork; Mrs. Hosie, London, S.W.; Nurse Taylor, Southampton; M. Collins, Paddington; A. F. Muller, Boxmoor; H. Dockrill, West Kensington; M. A. Taylor, Penge; C. Bowers, Wicklow; B. Ireland, Torquay; H. Bacon, Houghton-le-Spring; E. Dinnie, West Malling; T. Lawson, Glasgow; E. Gregory, Leeds; S. S. Sherring, Edgbaston; M. Deverill, Birkdale; C. Mosley, Wigan; M. H. Kobbell, Hull; M. C. Kelly, Carrick-on-Suir.

Numerous competitors guessed three out of four puzzles.

The new set of puzzles will be found on page xviii.

The rules remain the same.

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