

worked, were attacked by necrosis of the lower jaw, the poison, finding its way to the bone through decayed teeth or stumps. Now-a-days, it is usually the long bones, especially the femur or the tibia which are found to be necrosed. The illustration (Fig. 15), shows the result of the disease in an extreme case. The greater part of the bone is white and dry and dead. Nature has endeavoured to repair the damage by throwing up all round it irregular masses of roughened bony material. But the inner dead matter is a constant source of irritation; it sets up abscesses all round it, and these eat their way through the muscles to the skin, where they open and constantly discharge. The openings are so characteristic that once seen they can never be mistaken for



FIG. 15.—Necrosis of bone.

anything else. So that the moment the surgeon sees them, he instinctively says: "A probe, please, Sister." The opening looks like a tiny strawberry, the edges fungating with red granulations, because of the continual discharge of pus, and down the little channel—or as it is termed, the *sinus*—the probe passes to the rough dead bone, against which it *grates* and sometimes feels a piece of the dead bone, or as it is called a *sequestrum*—or something "left behind"—so loose that it can be moved about. Until the necrosed bone is removed, the abscesses will continue to form and to discharge, and therefore, as soon as the dead fragments are loosened, the Surgeon removes them.

Now, from this description of the chief diseases to which the bones are subject, it will be easy to understand the principles on which the nursing of such patients is based. There is no need to specially refer to the various tumours which affect the bones, because if they are dangerous, and operative measures are adopted for their removal, the nursing of the patients is the same as that needed after amputations.

The first principle of Nursing, then, in all cases of bone disease, is *REST*. The weak soft bones of the rickety child must be saved the pressure or the weight of the child which would bend and distort them. If they are already twisted and deformed, *rest* is more essential than ever. So splints are placed to straighten the growing limbs, and the child is kept off his feet. In periostitis, in caries, or in necrosis, the

affected bones must be kept completely at rest to allow the inflammation to subside, to give Nature's efforts at repair the greatest help. So the patient is kept at rest on a couch, which is always preferable to bed, as it is less weakening and less depressing and enables him to be wheeled about from place to place, from room to room, or even out of doors. Recently, a couch has been invented, termed the *Equipoise Couch*, which by an ingenious arrangement enables the position of the patient to be easily altered without any exertion or movement on his part; and for such cases as those we are now considering, this is an advantage which it would be difficult to exaggerate.

The second principle is scrupulous *CLEANLINESS*. To give a patient suffering from bone disease a chance of recovery, cleanliness not only of his wounds but of his whole body, inside and out, is essential. Fresh air, and plenty of it, to clean his lungs and his blood. A tooth-brush and antiseptic powder or lotion to cleanse his mouth. Simple clean food and plenty of it, in small quantities frequently given, to maintain the strength on which such serious demands are being made; pure water, and plenty of it, to wash out his digestive and excretory organs, and help them to get rid of the poisonous germs his diseased bones are generating. Pure soap and hot water to keep his skin acting properly, and so save the extra work which a lazy skin throws on the internal organs of the body to perform. Plenty of pure water, and if ordered antiseptic lotions, to keep external and internal wounds as clean and healthy as possible, and thus to prevent the intolerable itching and irritation which a dirty wound causes. Indeed, one might go so far as to say that an irritable itching wound should be regarded as a disgrace to the nurse; because ninety-nine times out of a hundred it means that the wound is dirty; and, in these aseptic days, dirt is inexcusable.

So, in brief, we see, for the first time, what was predicted in our introduction—how *Rest and Cleanliness* are the two great golden rules in Nursing.

(To be continued.)

## The Cookery Exhibition.

The Seventeenth Universal Cookery and Food Exhibition was opened on Tuesday at the Royal Horticultural Hall, Vincent Square, S.W., by the Duchess of Albany who afterwards made a tour of the exhibits. The chief interest to our readers centres in the competition open only to trained nurses, whose exhibits are on view during the latter part of the week.

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