

Lectures to Nurses.

The following is a list of the Lectures to Nurses, at the Miller Hospital, Greenwich, which we announced, last week, will be delivered on Tuesday evenings at 8 o'clock, and which are free to all nurses:—

January 8th—Dr. C. H. Hartt, Circulation; January 15th—Mr. John Poland, Anatomy: The Bones; January 22nd—Mr. Hugh Davies, Antiseptics; January 29th—Mr. W. H. McMullen, The Eye; February 5th—Mr. J. Bligh Wall, Anaesthetics: Before and after treatment; February 12th—Mr. Hugh Davies, Antiseptics; February 19th—Mr. John Poland, Anatomy: The Bones; February 26th—Mr. Hugh Davies, Antiseptics; March 5th—Mr. W. H. McMullen, Prevention of disorders of the eye; March 12th—Dr. C. H. Hartt, Respiration; March 19th—Mr. John Poland, Anatomy: The Bones; April 16th—Mr. Hugh Davies, Urine testing; April 23rd—Mr. W. H. McMullen, Ophthalmic nursing; April 30th—Dr. C. H. Hartt, The Nervous System; May 7th—Mr. John Poland, Anatomy: The Muscles; May 14th—Mr. Hugh Davies, Enemas; Poultrices; Packs, &c.; May 21st—Mr. W. H. McMullen, First aid for eye injuries; May 28th—Dr. C. H. Hartt, Fevers.

Further particulars may be obtained from the Matron of Hospital.

Practical Points.

The following items, contributed by readers of the Journal, are of practical interest:—

Simple Remedy for Burns.—The free use of soft soap on a fresh burn will remove fire from the flesh. If the burn is severe, after relief of pain use linseed oil and then sift upon it wheat flour. When this is dried hard repeat oil and flour until complete covering is obtained. Let this dry till it falls off, and new skin will be found without a scar. SANO.

A Refreshing Drink.—Bovril if given in soda-water, makes a very acceptable drink for feverish or thirsty patients. It is often preferred to the warm drink made in the ordinary way. A teaspoonful of Bovril should be made into a thin paste with a little water, and the tumbler filled with soda-water. In colour the drink resembles stout and is very palatable. S. C. M. K.

Fresh Air and Influenza.

Nurses who have many opportunities of disseminating the rules of hygiene will do well to inculcate the value of fresh warm air in living rooms at this season. In this connection the *Lancet* says: "Crowded places take first rank as disseminators of disease and especially respiratory disease, unless, which is rarely the case, they are adequately ventilated. There is no factor more favourable to the successful invasion of the human body by the disease-producing organism than when air is rendered stale, warm and musty by

human exhalations. In most places of amusement in London, for example, crowds of people are entertained under an environment teeming with pathogenic organisms, and in which the conditions of the air and surroundings are so obviously unhealthy as rapidly to lower the health standard and to render the attack of the disease entity an easy success. In the same way it is futile for a person to provide for himself a satisfactory standard of health by insuring *inter alia* an abundant supply of fresh air in his own home if even only occasional social engagements compel him to resort to the crowded, ill-ventilated drawing-rooms or dining-rooms of his friends. It is time that the real mischief caused by stuffy places and by devitalised air was more seriously taken to heart than it is. Such places are for certain a fertile source of influenza and respiratory disease, and it seems to us that in regard to all events to public buildings our health authorities should give their earnest attention to the matter with the view of protecting the public against those diseases which are engendered by the insanitary and unscientific conditions described. It is not a little instructive that influenza is invariably endemic at a time when ventilation is least invited because of the coldness of the season, when every step is taken to keep our houses and places of meeting warm, which generally means that fresh air is carefully excluded. On the other hand, in the warm days of summer fresh air is enjoyed at every possible opportunity; our windows, our doors are kept widely open, and fresh healthy air pervades all things. Influenza is not a summer disease and it is hardly conceivable that the germ of this disease can only flourish in the winter unless we find an explanation in the view that its energies are greatly stimulated by stopping the supply of fresh air and by overheating the rooms in which we live. Cold and variations of temperature are, of course, a factor in the etiology of the disease, but its chances of spreading would be far less if people would insist on breathing fresh air."

Nurses can do much by explaining that fresh air need not be cold air, and that it may be freely admitted to a room and the thermometer yet show that the required degree of warmth is maintained.

The value of ice-bags, especially in acute inflammations due to bacterial invasion, is emphasised by Dr. P. H.

Aurness, Minneapolis, in the journal of the American Medical Association. To be efficient there should be constant drainage from the bag, in order to keep the temperature that of melting ice. Among the diseases in which "ice bags are of greatest importance as an auxiliary remedy the following may be mentioned: Acute meningitis, acute mastoid disease, acute tonsillitis, lobar pneumonia (with marked success), acute pleurisy, acute endocarditis and myocarditis, acute hepatitis, acute gastritis, acute rheumatic arthritis, acute synovitis, acute enterocolitis, acute peritonitis, and acute pelvic diseases, acute cystitis, acute appendicitis (of great benefit), hamoptysis, hematuria, typhoid fever (to the head and abdomen), scarlet fever (to head), erysipelas (to region involved), neuralgia, and headache."

[previous page](#)

[next page](#)