

## Post-Card Practical Points Competition.

We have much pleasure in announcing that the Prize of 10s. for the best paragraph on a post-card, has been awarded to Miss J. R. Mollison, 11, Manor Place, Edinburgh, for the following point:—

*Fomentations.*—Instead of wringing these out of boiling water, a good plan is to steam them in an ordinary potato steamer over a saucepan of boiling water. If requiring frequent changing one or more can be steamed together, and kept hot by the side of the fire. As regards heat and moisture, such fomentations are quite equal to those wrung out in boiling water.

Of the large number of cards received we print the following:—

*A Method of Cleansing Dirty Heads.*—A most successful and sure remedy for dirty heads is oil of sassafras. Soak the head with the oil and cover with jaconette and calico cap. Let these remain on for from eight to nine hours, then comb the hair with a small comb, and give a good shampoo afterwards. The oil of sassafras not only destroys the vermin but the nits also, and therefore prevents further development.  
ELLEN GIBBS.

*An Emergency Bronchitis Kettle.*—In cases of bronchitis when the patient is ordered to inhale steam for a few minutes at a time, this can be easily and safely managed in the following manner: Take a large sheet of strong brown paper, roll it lengthways into a tube and fasten it with pins. Place one end of the tube on the spout of the kettle and hold the other end near the patient's mouth and nose. Sufficient steam will come through the tube to give great relief, without any danger of scalding the patient.  
M. M. BEAL.

*The Odour of Perspiration.*—While going round a ward with a physician who evidently has a great objection to the odour of perspiration, I learned a very useful hint for the prevention of smell from this source. After washing the patient, swab each axilla with 1 in 1,000 perchloride of mercury. This hint is also useful for the prevention of any odour from the feet.  
WESTMINSTER.

[N.B.—It should always be remembered that some people are peculiarly susceptible to mercurial poisoning, and so strong a solution should be used only under medical direction.—Ed.]

*Differences in Pulses.*—It is interesting to notice the differences sometimes met with in the case of the right and the left radial pulse.

There are cases where one pulse may be of normal strength and the other may not be able to be felt in the usual place at all, or only faintly, while the patient's condition is satisfactory. This may be caused by various reasons. The radial artery may be abnormally small, then the ulna artery takes up most of the work, and you get faint pulsation. The artery may be congenitally misplaced and be covered with muscle and not be felt, or there may be extensive heart disease.  
SISTER MILLICENT.

*Delirium and its Relief.*—When a patient is delirious he is often troubled with a succes-

sion of dreams passing rapidly through the mind to which there is no relief (as on awakening from a nightmare in health. His brain is strained almost to breaking point and the patient is conscious of the strain, but is unable to recognise those around, ready, but almost powerless to help. I have experienced this in typhoid, and can speak from the patient's point of view. It is well that the nurse should never leave a dim light in the room—shadows are intolerable!—they assume weird shapes, and are an agony to the distorted imagination. Again, never closely screen the bed—the screens are walls falling and crushing out life—or the prison walls of a torture-chamber. Never have pictures on the walls, they come to life in a terrifying manner. Again, do not talk in a subdued tone, you are a plotter of mischief, as you stand there. Avoid strongly scented flowers in the room—the agony of a few violets to a sensitive unbalanced mind! Let the night nurse, if in a special ward not try to be noiseless, but speak and act firmly and kindly.  
SISTER NORA.

*Useful Expedients.*—If your patients object to beef tea, boil a carrot and an onion in it for two or three minutes (if these are permitted), and they will accept it as soup and enjoy it.

Many dislike egg and milk, if so, beat up an egg very thoroughly, add the juice of nearly half a lemon drop by drop, add sugar to taste, and fill up the tumbler with soda-water, stirring it well, it is not recognised as an egg and thought delicious.

If possible, always put a few flowers on your patient's trays, they are so much admired that they encourage the appetite.  
"LEWIS."

*Clothing for helpless Rheumatic Patients.*—All underwear should be made of fine flannel. Chemise and petticoat bodice fasten on both shoulders, as well as down the front. Petticoats to button from waist to hem down the front; they can then be rolled under the patient the same as a sheet. Stays, if worn, should be of a soft material; they and a pair of flannel drawers are easily put on. The dress skirt should fasten from waist to hem down the side, and be put on the same way as the petticoats. When on, the fastening does not show. The dress bodice, made in two pieces, fastens down front and back. I found having clothes made this way most helpful when nursing a case of rheumatic gout, where the patient was able to be up and dressed. It saved all the exertion of getting arms that were very painful through armholes. Nightgowns, also of flannel, I had made to unfasten from shoulder to wrist, and found it enabled one to massage the arms without removing the nightgown.  
N. E. D.

*Simple Remedy for Burns.*—Referring to the method advocated by "Sano" in last week's issue, Mr. Robert Thompson, L.R.C.P., L.R.C.S., etc., writes:—"The treatment recommended by "Sano," is contrary to all modern surgical teaching, and I fear if nurses are lead to adopt such treatment, the result would be disastrous to the patient and contrary to the first principles of antiseptics. I recommend "Sano" to attend Lectures to Nurses and practice the principles of antiseptic treatment, much more "simple" than the "culture method" advocated by "Sano."

[previous page](#)

[next page](#)