

work is still left: the care of the workmen's health.

The dentists of Berlin had arranged an exhibition; and pamphlets "How to take care of one's teeth" were distributed among the visitors.

A home for infants exhibited a baby-room with all the nice things needed by the little ones. The firm of Pechner announced the lending of weighing-machines for babies.

Bakers sent paper-bags to put the bread in immediately after having taken it out of the stove; the bags are closed with wafer, so nobody touches the bread but the customer.

The "Housewife's Association" and the "Fröbel-school" exhibited bakers' ware and specimens of cookery, and manufacturers exposed a variety of victuals, which gave rise to the expression "social baker's ware and hygienic preserves."

There was but little nursing work to be seen. The ambulance corps of the Red Cross showed the model of a railway carriage furnished out to transport wounded soldiers. Stretchers are suspended by ropes side by side and one above the other; oscillating, they prevent the patients feeling the jolting of the moving carriage. They sent also stretchers of different material, straw, and other things, just to be found in the country.

The German Nurses' Association sent photographs of the office, statistics, printed matter, a bound volume of their journal, and the badges. A number of different issues of the journal were distributed among the visitors. Two free tickets for the members of the Association were given to the office, and a great number of the nurses visited the exhibition.

On the 26th of March, Herr Carl Stangen, the founder of "Stangen's Travelling Parties," gave a lecture on Palestine, and showed more than one hundred and twenty very fine lime-slides of the Holy Land. The receipts of this lecture were destined for the relief fund of the German Nurses' Association, as Herr Stangen is a well wisher of the Association, a niece of his being one of the first members and a near friend of Sister Agnes Karll. The lecture took place in the beautiful hall of the Academy of War. A great number of visitors came and the clear profit was a good one. Herr Stangen travelled 25 times through Palestine, therefore his recital was full of life and very interesting.

Miss Keith Payne, Matron of the Wellington Hospital, New Zealand, will be in England early in June, and will attend the Paris Conference. It is a pity Australasia is so far away, and that we shall have so few of our Colonial cousins with us.

Practical Points.

Posture of Postures, in *The American Journal of Surgery*, Dr. Martin W. Ware, of New York, says:

"This attitude is given to the body of an individual who betrays signs of approaching syncope. It is speedily accomplished by laying one's hand on the patient's neck, rapidly seating him, if he be not seated, and flexing the spine to such a degree that the head is brought to lie between the legs. If the patient has already fainted, then he may be placed and maintained in this posture by pressure on the neck as indicated. When only prodromal signs have appeared, the patient may be directed to assume the posture himself.

"The head being dependent, the blood gravitates to it, and the increased intra-abdominal pressure also diverts the blood to the head and prevents its return by the veins. The return of colour to the head upon the assumption of this position is, therefore, very rapid. The posture is unailing in the certainty with which it restores the patient. It ought to supersede the old advice to lay the patient flat on the floor."

Diet in Disease.

In a report of a meeting of the Medical Society of the County of Chemung, *The New York State Journal of Medicine* says: "The retiring president, Dr. Theron A. Wales, delivered an interesting address on the subject of foods, pointing out the inability of most physicians to give explicit orders for the preparation of foods for the sick, and emphasizing the need of such instructions to the average nurse, particularly those not trained in this important accessory of the healing art. Dr. C. W. M. Brown, of Elmira, read a paper on "Diet in Acute Disease," in which he contended for a more careful study of the needs and capacity to digest of the individual patient. He holds that many of the annoying symptoms in acute diseases, particularly typhoid and pneumonia, such as tympany, constipation, diarrhoea, malassimilation, vomiting, etc., may be corrected by a proper diet, and that the toxemia and poor nutrition due to improper diet added to that of the disease may determine the fatal termination of the case."

Iodine Spirit Catgut.

Dr. C. Hamilton Whiteford writes in the *British Medical Journal*, in regard to the preparation of iodine spirit catgut for use in private work:

It is very difficult to obtain a glass jar whose cover fits so accurately that no portion of the solution ever escapes by splashing, involving the risk of injury to the contents of an operation bag. To obviate this I have the glass jar enclosed in a closely-fitting boxwood case, the cover of which screws down, and in which is placed a pad of absorbent wool.

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