

insane; the infirm; care of contagious cases. This course will be combined with the service in the wards and will include bedside teaching and demonstrations.

SURGICAL NURSING, THE NURSING OF CHILDREN (MEDICAL AND SURGICAL), OBSTETRICAL NURSING AND THE CARE OF THE NEWBORN.

The above subjects will be combined with ward duty, and include demonstrations and clinical teaching.

MATERIA MEDICA.

This course will be given in the School, either in the "tisanerie" (no corresponding word in English; a room where herbal decoctions and infusions are made), or in a special laboratory where drugs are kept for this purpose.

HOSPITAL MANAGEMENT.

This course will deal with the duties of Head Nurses (*Surveillantes*) and will also treat of Poor Relief in general and of the different bodies and associations of the city of Paris, both public and private, which exist to diminish dependency and distress.

SOCIAL AND PROFESSIONAL ETHICS.

During the school term a course of twenty conferences on Social and Professional Ethics will be conducted by a lady.

Practical Points.

In an interesting series of papers on Hydrotherapy, the Editor of the *Dietetic and Hygienic Gazette* gives the method of administering many baths, and packs, and the special uses of each. He defines hydrotherapy as "the application of water in various forms to the surface of the body," and says "it is no exaggeration to state that benefit may arise from this use of water in almost every ailment."

The *Turkish or Russian bath*, is specially advocated as an adjunct in the treatment of inebriety. The person treated is subjected to the influence of heated watery vapour.

In the Roman bath the hottest chamber, the "Calidarium," or "Sudatorium," is heated by dry air to a temperature of 133 to 140 degs. F., and the perspiration is more free than in vapour baths. These baths may be followed by soaping, rubbing, douching, and a plunge in cold water. The effect of these baths is the same as that of other hot baths, but in a somewhat accentuated form. Treatment of inebriety by means of Turkish baths is very successful as an adjunct to other therapeutic measures. The heated air of the bath induces the discharge through the skin of poisons collected in the system. The skin is rendered active, the circulation is aided, and many of the elements of disease are thrown off. The Turkish bath to a large extent fulfils the office of a sewage filter to the body. The secondary action results from the profuse sweating, and hastly as a result of the alternate warm and cold douching, the vaso-motor energy of the vessels is

increased. The Turkish bath, or some form of hot air bath, is indispensable in the treatment of inebriety.

A number of artificial baths are used by some medical practitioners, more especially in the treatment of diseases of infancy and childhood. Some of these are:—

The Aromatic Bath.—About six ounces each of chamomile flowers, calamus roots, and peppermint leaves are tied up in a muslin bag and thrown into a warm bath. These are recommended in marasmus, infantile spinal, and other forms of paralysis, in sclerema, etc.

The Bran Bath.—Two or three pounds of wheat bran are boiled for about an hour in three quarts of water. The decanted liquor is added to the bath. It is used in intertrigo, eczema, pemphigus, lichen, strophulus, etc.

The Malt Bath.—A few ounces of malt extract are added to a bath. Malt baths are advised in cases of rachitis, spasm of the glottis, and in general debility.

Dr. Herman Sheffield holds that a good rule to apply in the treatment of diseases of infancy and childhood is never to give a drug when any other remedial agent may be employed, and thinks that there is no other therapeutic measure which can be carried out with so much ease and advantage as hydrotherapeutics. Discretion, however, must be used in the employment of hydrotherapy in the treatment of the young. Neither extreme heat nor extreme cold should be employed in the treatment of diseases of children. Heat should be avoided on account of the severe depression, and cold because of the shock it is apt to produce.

Major H. Bruce Barnett has an interesting paper in July's *Journal of the Royal Army Medical Corps* on

"Baths and Bathing in Japan," in which he states that the Japanese, in their persons and houses, are the cleanest people in the world, and every man, woman, and child, of high or low degree, has a daily hot bath. The bathing habit is universal, and dates back to the days of mythology, the baths being taken at a temperature which is perfectly astonishing to people who are only acquainted with the tepid water of Europe and America. There are many public baths in Japan, but nearly every private house has one, either in the house itself or adjacent to it. The ordinary bath consists of a large wooden tub, oval in shape, and fitted with a cover. At one end it is traversed by a copper tube in which charcoal can be made to burn, the water in this way being readily raised to the required temperature. Before he enters the tub, the bather thoroughly lathers himself from head to foot and washes the suds off by means of a wooden ladle or dipper. He then sits in the tub immersed up to his chin for several minutes, enduring a degree of heat by which a European would be well-nigh parboiled. When first Japan began to study the methods of Western nations, the excessive heat of the baths

[previous page](#)

[next page](#)