

Practical Points.

The "Comfort Rest."

The "Comfort Rest" here illustrated is one which should commend itself to nurses for its practical utility, as it can be used as an arm-rest, a reading-desk, or a table. The need of such a rest for patients who cannot lie down, such as those suffering from asthma and some forms of heart disease, is well known, and a special point about the appliance is that the more weight the patient puts on it the firmer it becomes. If desired to be used for reading as it can be adjusted to any angle, and a ledge, provided with ivorine leaf-holders, is readily annexed. As a table it can, when not required, be easily pushed to the bottom of the bed without any danger of its contents being upset, and it folds into a small compass, and can readily be packed away. It is supplied by the Aintree Manufacturing Co., Liverpool.

A HOTBED OF DISEASE.—A recent bacteriological report on specimens of rags and samples of flocks used for stuffing bed mattresses, cushions, and so forth has reached the *Lancet*, and affords singularly un-

pleasant reading:—"In untreated rags as purchased the number of bacteria living, and capable of developing in suitable nutrient media, varied from upwards of 10,000,000,000 per gramme to over 9,000,000,000. The number of bacillus coli and allied organisms of excremental origin was at least 10,000,000 per gramme, while the bacillus enteritidis sporogenes was found in the same material. Many a mattress containing this unsterilised flock must, our contemporary points out, literally be a hotbed of disease.

Gas as a Ventilating Agent.

The superiority of gas to electric light from the hygienic point of view was the theme of a lecture which Professor Vivian B. Lewes delivered at the offices of the Gas Light and Coke Company recently. He said that the common conception that electric light maintained a purer atmosphere than gas was due to the fact that people forgot the wonderful power

of diffusion that existed in gases. Coal gas acted as a great engine of ventilation, inasmuch as owing to the heat generated it expanded, became lighter, and rushed upwards, thus providing a continual current of air. It carried with it to the top of the room the vitiated atmosphere, which found its way through the porous ceiling, leaving behind it the little particles of organic matter. Electric light, on the other hand, provided no heat and no current, and consequently the vitiated atmosphere never ascended beyond the breathing level of a room.

Dust a Cause of Colds.

Sir Lauder Brunton, in a recent popular article, states that he considers dust as one of the greatest enemies of advanced life, since it is the frequent cause of colds and respiratory diseases. He himself has found very frequently, on taking a

dusty book from a library shelf, that it gave him a cold in the head. This has occurred so regularly that he now resorts to sponging the dusty edges with a solution of carbolic acid before disturbing the deposit.



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very healthful places in which to work. The candy girls, he says, are allowed to eat as much sugar as they like, with an excellent effect upon their health. Experience shows that the sugar eater is proof against consumption, and it is impossible for her to become a drunkard. The resin dust in the sealing-wax factories makes the air in them very stimulating, similar to that of a pine forest. It is true that the workers in these factories inevitably absorb, with the dust, particles of vermilion colouring, which is a virulent poison; but, according to the optimistic writer, even this has a good effect upon anemics.

To Remove Stains from the Hands.

"K.A.D.," writing in an American exchange, says:—"I have found peroxide of hydrogen excellent for removing stains from the hands, and aromatic spirits of ammonia for relieving them of disagreeable odours."

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