

Practical Points.

Fractured Femur Dr. A. H. Parkinson, of Leeds, describes a form of splint for the treatment of fractures of the femur in the newly-born as follows:—

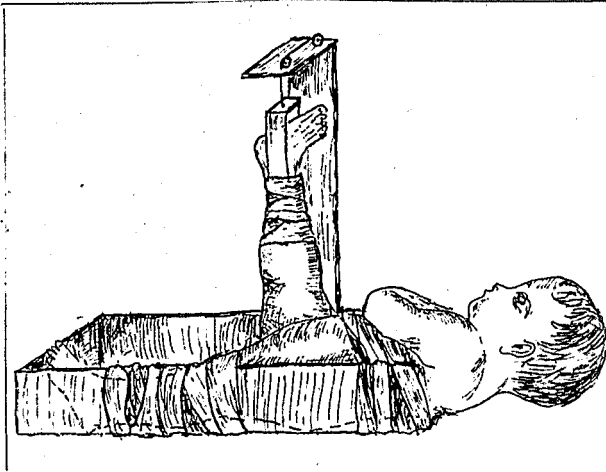
“As considerable interest seems to have been raised with regard to the treatment of fractures of the femur in the newly-born, I venture to suggest a form of splint which, while it embodies no new principle, is convenient in use and has the very great advantage of requiring no apparatus or bandages to be fixed to the hips, so that there is no difficulty in keeping the patient clean and dry.

“The splint consists of an ordinary box-splint, padded on the inside and covered with waterproof material. To about the middle of the side of this, corresponding with the fractured femur, is screwed an upright carrying a short cross-piece which projects about one-third of the way across. This is fitted with a pulley at its extreme end, and another at its junction with the upright.

“The infant is put in the splint, and the sound limb bound lightly to the side of the splint, a flannel bandage being also passed round the body and upper part of the splint, so that the arms are free. An ordinary extension apparatus is then fixed to the injured leg, and the cord passed over the two pulleys and fixed to the end of a piece of india-rubber, the other end of which is fixed at the bottom of the upright.

“I may say that I was recently permitted to try this splint on a case of Mr. Rumboll, in which the femur was obliquely fractured at the junction of the upper and middle thirds. Several different splints had been tried, including extension in an ordinary box-splint, but it was found impossible to control the upper fragment, which continued to be drawn outwards and forwards, even after several days' extension. The vertical piece was then put on, and the leg fixed for nearly a month, when it was found that the femur had completely reunited, and even the closest examination failed to reveal any deformity. There was no difficulty in attending to the child, which was breast-fed throughout.”

We are indebted to the kindness of the Editor of the *British Medical Journal* for the illustration of the applied splint, which appears on this page, to which journal the above note was originally contributed.



The Care of the Feet.

E. C. H. writes in the *American Journal of Nursing*:—“In training the nail of a toe having an in-growing toe-nail, as well as trimming straight across and raising the edges with cotton, the surface can be scraped in the middle from the upper edge downward, and the edges trimmed deeper in the middle than elsewhere, to favour the corners growing upward.

Nurses have more trouble with their feet than any other class of women, and the trouble arises while in training, owing to the lack of knowledge in fitting shoes to feet, on the part of the nurse as well as the shoe dealer. There is nothing that requires more careful intelligence than the right fitting of shoes. Not more than one man in fifty who sells shoes can find a shoe adapted to a foot, or knows how to go about procuring one. The matter requires as much individuality as any other in existence. Generally speaking, the broad toe and flat, low heel are the best, but one must consider how much width is needed across the ball of

the foot before deciding upon the last. If a good deal of width is required in that part of the shoe a last broader in proportion at that part than elsewhere is necessary. The part which fits the heel should not be too loose, and that about the upper part of the foot snug enough to support it firmly, and should be laced. A foot with a good deal of arch at the sole requires a little higher heel than the usual low, flat heel, to bring

the heel of the foot on a level with its arch. The heel for such a shoe usually requires two or three extra lifts.

The Hess Milk Refrigerator.

In order to fulfil the need of an inexpensive and serviceable ice-box, Dr. Alfred F. Hess, of the Research Laboratory of the New York Board of Health, has devised a simple milk refrigerator which can be constructed at small expense by an intelligent person. It is made as follows:—

Obtain a box from the grocer; any wooden box a foot in depth will answer the purpose. Buy a tin pail with a cover, one deep enough to hold a quart bottle of milk and a slightly larger pail without a cover. Place one inside the other, and stand them in the centre of the box. Now pack sawdust or excelsior beneath and all about them to keep the heat from getting in; complete the refrigerator by nailing about 50 layers of newspaper to the under surface of the box-cover.

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