

found that, during the period from August 1st to August 7th the daily average was 4,000 flies. The saucers should be emptied of dead flies and replenished with fresh solution once a day.

**Water  
Treatment  
in  
Post-Operative  
Vomiting.**

Dr. MacArthur, in the *Montreal Medical Journal*, gives his patients, two hours before operation, from 8 to 12 ounces of cold, fresh water, and half an hour before the operation another 8 ounces. Out of 35 cases only four patients were troubled with slight post-operative vomiting, but there was no straining or retching. Dr. MacArthur has found the method mentioned a very valuable one.

**Technique  
of  
Asepsis.**

The *American Journal of Surgery* pertinently remarks: "An assistant who needlessly handles sponges, instruments, or dressings, 'because they are sterilised,' or rests his hands upon his hips, 'because his gown has been disinfected,' has not yet learned that the essence of asepsis consists in avoiding, as far as possible, contact with everything, sterilised and unsterilised. Instruments and sponges that are sterile when handed to the surgeon may not be so after they have been in the wound, and the gloved hand of the nurse who removes soiled sponges from their handles at one stage of an operation should not be regarded as sufficiently clean for passing sponges and dressings at a later stage.

**The  
Alphabet of  
Nursing.**

Florence Nightingale, when she heard of the distress in the Crimea, did not, as most people imagine, rise up and say: "I am a woman, ignorant but intuitive, with very little sense or information, but exceedingly sublime aspirations; my strength lies in my weakness. I can do all things without knowing anything about them." Not at all. During ten years she had been in training for precisely such services, had visited all the hospitals in London, Edinburgh, Dublin, Paris, Lyons, Rome, Brussels, and Berlin, had studied under the Sisters of Charity, and had been twice or more in the Protestant Institution at Kaiserswerth. Therefore she did not merely carry to the Crimea a woman's heart as her stock in trade, but she knew the alphabet of her profession better than the men around her. Of course, genius and enthusiasm are for both sexes unforeseen and incalculable; but as a general rule great achievements imply great preparations and favourable conditions.

**From the  
"American  
Journal of  
Nursing."**

A restless patient is often soothed by simply moistening the soles of the feet. This may be done under almost any circumstances if alcohol is added to the water used.

## Our Holiday Prize.

We have pleasure in announcing that Miss Isabel Callaway, Queen's Nurse, 80, Nichols Square, Hackney Road, London, N.E., has been the fortunate winner of the Three Guinea Holiday Prize. The Editor of the *BRITISH JOURNAL OF NURSING* hopes it may help to make a well-deserved holiday all the happier.

**KEY TO PRIZE PUZZLE.**

- No. 1.—Well's bonnets.  
Wells bow—nets  
No. 2.—Postum.  
Post UM.  
No. 3.—Chinosol.  
C high—nose—sole  
No. 4.—Bailey's bags for nurses.  
B—ale—eyes bags 4 nurses.

The following competitors have also guessed the puzzles correctly:—Miss G. Gilchrist, Edinburgh; M. Modlin, Brixton; N. Green, Manchester; N. Howard, Ladywell, S.E.; L. Warriner, London; A. N. Park, Dublin; C. Morris, Liverpool; C. L. Barker, Bath; L. M. Simpson, Surbiton; G. Howe, Warwick; V. Lane, London; A. S. Morriss, Petersfield; S. Mollison, Edinburgh; D. Peters, Northampton; E. H. L. Dowd, Dublin; T. Mostyn, Cardiff; E. Dinnie, Harrow; S. C. Law, Leeds; B. D. Scott, Carrickfergus; C. F. Poole, London; A. Smith, Bedford; K. O'Connor, Waterford; M. Long, Bristol; M. Cogle, Brixton; L. M. Wilson, Knutsford; C. Davies, Swansea; M. Tofts, London; A. C. Bell, Glasgow; S. Bond, Watford; H. Reece, Hexham-on-Tyne; E. Cawte, Brighton; Nurse Brown, Fairy Cross; R. Conway, Southport; A. Holding, Mortlake; A. Powell, Dublin; K. Tempest, Sheffield; E. Bowring, Wimborne; C. Fleming, Dublin; H. G. Bowers, Nottingham; A. Symonds, London; M. Mosley, Perth; Nurse Tomkins, Middlesbro'; E. E. Martin, Ealing; C. Rennie, Woking; A. Davids, Manchester; K. Hallam, Eastbourne; A. C. Chester, London; A. Mutton, Plymouth; A. Thomas, Bognor; Miss Kreckley, Birkdale; M. Cooke, E. Malling, T. Best, Liverpool; E. Wilson, Cardiff; S. C. Bostock, York; C. Mackenzie, Banff; W. Clay, London; L. Lawson, Glasgow; C. Atkins, Norwich; E. Taylor, London; W. Martin, Bristol; Unsigned, Woodstock.

The following competitors have sent correct replies, but did not compete for the prize, as only one instead of three coupons were sent for each week:

Miss J. Calderbank, Altrincham; Nurse Hoyes, Southwell; B. A. Shelton, Leicester; A. M. Warren; Kensington; M. B. Tarry, Ilford; S. S. Sherring, Liverpool; G. Smart, Cork; A. L. Etheridge, W. Kensington; M. Whitworth, Mansfield; S. G. Brown, Eastwood; T. Gianella, Paris.

The Editor must remind competitors that the Christian name or initials must be signed before their names—not Mrs., Miss, or Nurse.

The rules for the competition remain as usual, the Prize to be One Guinea—five coupons to be enclosed this month. They will be found on Page xii.

[previous page](#)

[next page](#)