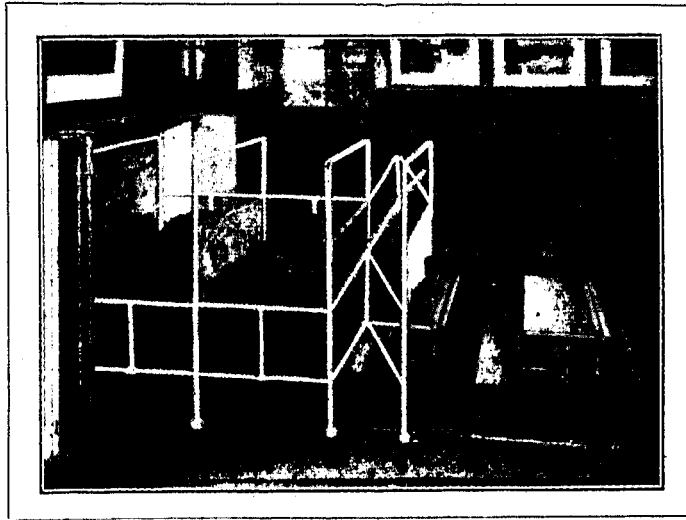


Practical Points.

Extendible School Cots.

Among the many interesting exhibits at the recent Nursing Exhibition at the Caxton Hall were the extendible school cots, for which a patent has been applied, shown in the School Nursing Exhibit, in charge of the School Nurses of the London County Council. These cots, which have been designed by the brother of a school-mistress, are made by the Patent Extendible Multiplex Bedstead Co., 39, Red Cross Street, E.C. Their practical usefulness is evident from the illustration. They are intended to be drawn over the desks or other furniture in infants' class-room, and when not in use occupy very little space in a cupboard, while they can be drawn out and made ready for use in a few moments. They would be especially useful in schoolrooms where the space is restricted, as a set of cots can readily be drawn over each row of desks without interfering with the existing passages between these. Those who are acquainted with the conditions under which many of the poor live, the lack of quiet in the only living room, and the late hours to which very many children are kept up at night, will realise that the possibility of a mid-day rest at school cannot fail to be beneficial both to the physical and mental condition of young children.



A Set of Three Cots in the act of being drawn out of the cupboard.

Rules for Consumptives.

Nurses who are attending patients suffering from tuberculosis may be glad to know that leaflets giving the following simple rules may be obtained from the National Association for the Prevention of Consumption, 20, Hanover Square, London, W.:—Consumption gives rise to a vast amount of suffering and permanent ill-health. It is calculated that in Great Britain at the present moment at least a quarter of a million are suffering from it. *The disease is preventable.* Consumption is caused by taking into the system, chiefly by breathing, a germ or microbe. These germs are derived from persons suffering from consumption, or some other form of tuberculosis. They are found in vast numbers in the phlegm or spit of a consumptive person, and are coughed out into the air. A consumptive person,

when coughing, should always hold a handkerchief in front of his mouth, and avoid coughing in the direction of another person. The phlegm itself, if allowed to dry and become dust, is exceedingly dangerous, and is then a means by which the disease is spread from person to person. The consumptive person must not spit about the house, or on the floor, or ground. The consumptive person must not spit anywhere except into a spittoon or cup kept for the purpose, and containing strong soda and water. When out of doors, a small, wide-mouthed bottle with a well-fitting cork, or a pocket spittoon should be used. The phlegm must be washed into a drain or burned. All rooms occupied by consumptive persons should be as well lighted and ventilated as possible. Fresh air, light, and sunshine are most important preventives of consumption. It is not safe for a healthy person to share a bedroom with a consumptive. All utensils,

such as knives, forks, spoons, cups, etc., should be reserved for his special use, and carefully washed in boiling water. No chimney should ever be blocked up, and windows should be kept open night and day. Instead of sweeping rooms, wet dusters must be used to wipe up the dust on the floor, furniture, woodwork, etc., and must afterwards be boiled. Tea leaves used on the floor should afterwards be burnt. Do not

chase dust about or stir it up. A room which has been occupied by a consumptive should not be used again until it has been thoroughly disinfected. In the event of a death from consumption advice should be sought from the local sanitary authority.

Pineapple as a Medicine.

The medicinal value of pineapples has recently, as reported in the *Dietetic and Hygienic Gazette*, been the subject of considerable inquiry among physicians, and in Hawaii experiments have been made to determine something of these properties. It has been found that the fruit of the pineapple contains a digestive principle closely resembling pepsin in its action, and to this is probably due the beneficial result of the use of the fruit in certain forms of dyspepsia. On the casein of milk pineapple juice acts as a digestive in almost the same manner as rennet, and the action is also well illustrated by placing a thin piece of uncooked beef between two slices of fresh pineapple, where, in a few hours, its character is quite changed.

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