

round the coast of Ireland. A large number of medical men came from Dublin to this first annual meeting, and one and all were loud in their praises of the Women's National Health Association for starting this most useful branch of work.

GORDON BABIES' HOME, DUBLIN.

A second Babies' Club was opened on September 1st, at 49, Upper Clanbrassil Street. Her Excellency Lady Aberdeen paid an informal visit. There was a good show of babies, and the weighing under the superintendence of Dr. Dunne, with a trained nurse to assist, went on for about an hour. Afterwards there was tea and a quiet talk with the mothers. These clubs are proving of great assistance to mothers, especially to young inexperienced women, who know very little as to how a baby should be fed and clothed.

The National Council of Nurses.

The annual meeting of the National Council of Nurses will be held early in November. It is hoped that it will be strengthened by the addition of several new societies of nurses. The year 1910 has been a time of sorrow and mourning for nurses, death having taken three of our greatest and much beloved leaders from us. Nevertheless the duty of those who remain is plain. We have all the more to do, and we must do it cheerfully.

League News.

THE INFIRMARY, KINGSTON-ON-THAMES.

On Thursday, September 1st, the annual League meeting and Garden Party was held in the grounds of the above Infirmary. The guests were welcomed by the President, Miss Smith, Matron of the Infirmary, and the weather was exceptionally fine, giving visitors and staff an excellent opportunity of enjoying a game of tennis. As evening fell, the grounds were very prettily illuminated. Evergreen arches were erected and festooned with hundreds of twinkling lights, giving the lawn and gardens a very fairylike appearance. Many of the visitors left about 7 o'clock. The remainder took supper with the staff and afterwards joined very enthusiastically in a dance. A whist drive was also indulged in, at the conclusion of which prizes were given to the successful competitors, causing much amusement. During the afternoon a band played selections from various operas, and also dance music during the evening. It was gratifying to see that one and all joined so heartily in the function. Many of the old nurses were present;

some travelling long distances to catch a glimpse of their old training school. Numerous letters and telegrams conveying good wishes were received from those less fortunate who were unable to be present.

Practical Points.

Nutrient Suppositories.

The Interstate Medical Journal, quoting from a German contemporary, says:

The comparative uselessness of nutritive enemata has led Boas to suggest replacing them by nutritive suppositories, consisting of crystallised egg albumin, dextrin, salt and cocoa-butter. If these suppositories are made two and a-half inches long and half an inch in diameter, they will contain a little over 46 calories. Four or five of these suppositories can readily be introduced daily, so that the patient receives some 230 calories. This, of course, does not represent a sufficient nourishment, but it is greatly superior to anything that can be attained by means of nutritive enemata. In addition, the necessary water must be supplied by means of two saline enemata daily of a pint each. The suppositories are well tolerated and represent a distinct advance in rectal alimentation. Both crystallized egg albumin and dextrin are readily obtainable from dealers in chemical supplies.

Underclothing.

With regard to the under-clothing that should be worn by rheumatic individuals, Dr.

Luff writes in the *Lancet*: "I must confess that I am a convert to the view that porous linen underwear is the most suitable. It allows of the free evaporation of perspiration and so prevents a more or less sodden garment from remaining in contact with the skin, which so frequently happens with those who wear woollen underclothing. I am convinced that in the latter case such sodden garments are a frequent cause of many of the forms of chronic rheumatism. Some individuals find that in winter linen underwear is too cold, and in such cases a thin silk vest may be worn over the linen. This will be found to constitute a thoroughly warm, comfortable, and safe form of underwear.

A small piece of cotton saturated with a solution of potassium hydroxide, one ounce, in four ounces of water, and pressed gently in between the upper surface of the nail and the mass of tender granulation tissue, is being recommended by a well-known medical man, says Una, for the treatment of ingrowing nails. The alkali soon permeates the substance of the nail without irritating the sore, but to be effective the cotton must be kept constantly moist. The softened part of the nail is to be carefully wiped off every morning. In a few days the nail will have become sufficiently thin and soft to be cut away without pain. The applications must, however, be continued until all granulations disappear, and until healing is well under way.

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