

Meanwhile our colleagues in India who are grappling with these great problems, and doing very arduous and uphill work should have all the sympathy and support we can give them, which is the easier since we can now keep in touch with their work and difficulties through *The Nursing Journal of India*, the official organ of the Superintendents and Nurses' Associations.

Practical Points.

Ten Ways of Making Milk More Digestible. If milk disagrees one of the following ways may be tried to render it more digestible:—(1) Scald the milk. This is done

by placing a jug of milk in a pan of cold water; put it on the fire or gas until the water boils, then lift the jug out of the water and let it cool. (2) Boil it with a little bread (without crust) in it; then strain through muslin. (3) Make it into junket by adding a teaspoonful of rennet; let this stand, and serve cold with sugar. (4) Mix equal parts of milk and boiling water, and add a small pinch of salt to it. (5) Mix equal parts of milk and thin barley water. (6) Mix two parts milk, one part lime water, and one part barley water. (7) Mix two parts milk and one part whey; to prepare whey make a junket; when set beat it a little with a fork, strain through muslin, and the watery part is whey. (8) Mix two parts milk and two parts albumin water. To prepare albumin water for this beat the whites of two fresh eggs in a pint of cold water. (9) To a pint of milk add 5 to 10 grains of citrate of potash. (10) To a pint of milk add one or more peptonising tablets; make the milk hot—i.e., about 99 degs. Fahrenheit; then add the crushed tablets; let it stand ten minutes; then boil it. If the milk is not boiled the peptonising goes on, and gives the milk a bitter taste.

H. E. B.

Work in the Treatment of Neurasthenia. In treatment of chronic neurasthenics who are strong enough to undertake some employment, work of some sort should, says the *Dietetic and Hygienic Gazette*, be employed regularly and systematically. It is desirable to get out of the channel in which the patient has lived and to start him in some new occupation. Individuals differ greatly in the amount of work they are able to perform, and it is quite as important to grade the amount of manual labour as the dosage of any remedy that is administered. Whether we employ indoor or outdoor work, and whether it be for diversion or as a training toward a means to gain a livelihood, the main object is "to train the patient's mind to run naturally in a different channel. It is not so much the work as the way one inspires the person to take it up. That form of work, however, is best which interests the patient and leads him on to more and more thought of things outside himself."

How to Fill Hot Water Bottles. In connection with the filling of hot water bottles, a speaker at a recent Nursing Conference suggested that the bottles should always be heated before being filled. The suggestion, however, needs some qualification. With rubber bottles, unless the bottles are to be blistered inside very quickly, and so spoilt, a small amount of cold water should always be first put in. If boiling water is then added, the bottle will still be too hot to use with safety without a cover. A stone or tin bottle, if filled with boiling water, and placed in a flannel bag, as a hot water bottle always should be, will retain its heat for hours. Possibly the speaker had been provided with bottles filled with hot, not boiling water.

An Excellent Foot Bath. For tired feet, a hot foot bath every night, with the addition of a little salt and a tablespoonful of bay rum or a few drops of ammonia, will often give ease.

Another efficacious preparation is a mixture of carbolic acid, camphor, and ammonia; four ounces of carbolic acid to one each of the ammonia and camphor. Stir into the footbath in the proportion of one large spoonful of this liquid to every two quarts of hot water.

Treatment of Pneumonia with Creosote Inhalations. Dr. Beverly Robinson, in the *New York Medical Journal*, says: One of the most important things to be constantly borne in mind in the prophylaxis and treatment of

pneumonia is, in my judgment, the proper and efficient use of beechwood creosote by means of inhalation. There is absolutely nothing so simple, so effective, so harmless in the prophylactic and curative treatment of croupous pneumonia and also catarrhal pneumonia, as inhalations of warm creosote vapours from the ordinary croup kettle filled with water and allowed to simmer over a lamp burner, stove, what not, in a more or less continuous manner during the inception and continuance of pneumonia. Further, I venture to affirm, no nurse or attendant will take it from the patient thus treated.

Cleaning Machinery Wounds. A writer in *The Virginia Medical Semi-Monthly*, says: In removing the paint, dirt, and grease incident to machinery accidents, spirits of turpentine makes one of the best cleansing and antiseptic agents for removing grease and oils that are so ground in as to be almost impervious to soap and water. There has recently come into vogue the application of diluted tincture of iodine to just such injuries as above alluded to, with results as good in many instances as the old plan of scrubbing with green soap, manipulating the parts and trying to get rid of materials that are practically ingrained into the tissues. In fact, the extensive scrubbing of very painful and lacerated wounds and injuries is giving away to less heroic washing and brushing at the first aid treatment.

[previous page](#)

[next page](#)