

topically applied. This is a medical question, but in my own experience I find belladonna the most soothing; a lotion of equal parts of liniment, belladonna, and glycerine the best. The reason for the glycerine is this: the liniment used plain evaporates so quickly that it never seems to soak into the skin sufficiently, and if you use more of the mixed than of the plain liniment, it comes to the same thing as far as belladonna goes.

I prefer to apply the lotion to the leg, and in this wise: I dip a piece of soft flannel or a swab of cotton wool into the lotion, which I slightly warm by pouring into a hot saucer, and *lightly* rub the limb all over with it, and then apply the stupes; you need not repeat the belladonna every time you renew the stupes, unless you have medical orders to that effect. Sometimes belladonna ointment is smeared over the limb instead of liniment, but this is a matter for medical direction.

And here let me give my young Nursing readers in our portion of work a word of caution about the use of anodynes of any kind on stupes, poultices, &c., that you should always know how much you apply at one time. I have seen a Nurse take up a bottle of laudanum and sprinkle away without any regard to quantity, and when this process comes to be frequently repeated, mischief may result from such negligence. For this reason I advise you to pour out a *given* quantity of the anodyne into a saucer, and paint or rub over the affected part, and not pour it indiscriminately all over the stupe. Again, the Doctor orders an infusion of *poppy heads* for some purpose or another. Well, there is a great difference in the size of poppy heads—they may be almost as small as a thimble, or as large as an egg. Is the same quantity of water to be used in both instances? The fact is, this matter should be done to *time*, *scale*, and *measure*, if you want to get *reliable* results out of opiate infusion. So many drachms or ounces of poppy heads, so many ounces or pints of water, and *so long* to infuse before being poured off for use. Poppy heads, like tea, *strengthen* as they stew, and yet in home Nursing at any rate that fact is superbly ignored, and the decoction used with perfect indifference or obliviousness to that fact, and the Nurse goes on sprinkling just the same quantity about as at *first*, when the decoction was not half the strength. With respect to simple medicaments, such as hops and camomile, the need for accuracy is not of the same moment; but in my judgment opiates should *never* be recklessly used, and it is this thoughtful attention to detail makes the difference between an accomplished and an ignorant Nurse.

After this little digression we will turn to the

next points of duty. Under the influence of rest, heat and moisture, the enlargement of the limb gradually diminishes, and in ten or fifteen days the swelling has subsided in most instances. The gradual lessening in size is marked by a diagnostic symptom of much interest: the skin of the leg, that during the *acme* of the attack was tense, shining and *elastic*, begins to yield to the touch, and pits upon pressure, which assures that an absorption of fluid has set in—the first step on the path of recovery. The sense of weight in the limb declines, but a sense of weakness and numbness remains. In order to give support to the limb and to aid the effusion of fluid we must bandage it, and there is nothing better than a *flannel* roller, applied *secundum artem*, from the toe along the whole length of the leg. Every Obstetric Nurse should be taught leg bandaging during her training; it is most useful. The roller should be twelve yards long, and not less than three inches wide. In home nursing we often have to make it up ourselves, and as some of our patients do not care to buy twelve yards of flannel, we have to scheme a little bit, and get two yards and a-half of new flannel, not too coarse or common, say at twenty-seven inches wide; this makes us nine slips of three inches wide, and gives a total length of something like twenty-seven yards—enough and to spare for two rollers; join the strips firmly together, *back stitch*, roll them up so that the right side of the seams goes next the skin, and there will be very little discomfort from the joins. I have extemporised no end of flannel rollers, and they always answered the purpose; still, if you can get a continuous length of flannel, do. I often put the bandage on wet, dipping it into boiling water, and let it *drip* till it cools sufficiently for use; it seems to fit *closer* to the leg than put on dry. A continuance of the leg rest is a comfort to the patient. Whilst in repose the leg will not require bandaging more than *once* a day if properly and *firmly* done.

(To be continued.)

GRIEF and pain come alike to all, and cannot be escaped by any; broken hearts are to be found in palaces as well as in cottages, and the bond of brotherhood seems strongest when love and pity unite all hearts and reverence for what is good lifts up our souls.

MANY persons think that there cannot be too much of what is so good a thing in itself as sympathy. The duty of its cultivation is clear; but it is not yet so clear that a wise cultivation includes pruning as well as nourishing. So long as it is abundant it is not expected to be discriminative, and thus sometimes, running to seed unchecked, it develops into rank injustice.

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