

on the capillary nævi, but as there are other treatments which are equally satisfactory and less expensive, and very often quicker in action, it is not so much used for them. In the large cavernous nævi it affects not only the superficial structure, but also the deep vessels. Radium appears to have a selective action on pathological blood-vessel tissue, that is to say, a given dose will affect this long before it will affect healthy blood-vessels. In dealing with a large nævus mass, one can very often attack it by means of several pieces of radium at once, on different sides and on the top, a method which is known in France as "feu croisé," thus causing a maximum effect on the growth itself with a minimum damage to the skin over any one area. The penetrating effect and the selective action of radium were once well demonstrated to me at the Radium Institute in Paris, in the clinique of Drs. Wickham and Degrais, in which a large nævus involving the whole of the cheek had been treated with one application of radium externally at the time when I saw it. Not only was the outside surface blanched where the radium had been applied, but there was a corresponding area on the inner or buccal surface of the cheek, also affected, showing that radium has a selective action for these blood-vessels, and will cause constriction of them without doing any damage to the surrounding tissue. In ordinary capillary nævi radium is not very much used, as carbonic acid snow is equally effective and cheaper, and more rapid. Also, it must be remembered that many of the capillary nævi occurring on the heads of infants tend to atrophy of their own accord after the age of two years; numbers of these have been, and are still, treated by excision, radium, and other methods quite unnecessarily. All that is left as a rule after the atrophy is a faint port-wine flush, which, being situated under the hair, is of no importance. Port-wine stain is another matter, and, where it occurs on the face or some exposed part, has been until the treatment by radium was started an extremely difficult lesion to deal with, practically no other treatment giving a satisfactory result. It is true that in some cases you can produce a fair result with CO₂, but the result is never so satisfactory as regards the cosmetic effect as with radium, and in some cases where there is a large vessel feeding the superficial flush, CO₂, unless used in very large doses, is quite useless. The general opinion is that with a port-wine stain one requires to get a certain amount of surface reaction; therefore one uses the radium with hardly any filter, say one sheet of aluminium foil, or a layer of gutta-percha only between the radium and the skin, so that every-

thing except the Alpha rays has effect, and there is no doubt that the soft rays in these cases are more beneficial than the hard Gamma.

(To be concluded.)

OUR PRIZE COMPETITION.

DESCRIBE THE HYGIENE OF PREGNANCY FOR THE BENEFIT OF MOTHER AND CHILD?

We have pleasure in awarding the prize this week to Miss E. Fenn, Royal Hants County Hospital, Winchester.

PRIZE PAPER.

It should be recognised from the beginning of pregnancy that the welfare of the baby—a living being from the moment of conception—is synonymous with that of the mother. The mother must diet suitably, that she may have the maximum amount of nourishment to impart to her baby both pre-natally and post-natally; she must live in well-ventilated rooms, in order that she may have plenty of oxygen to impart to her baby's blood; she must be scrupulously clean, in order that her skin may be able to assist in the elimination of the extra waste products, and to carry off indirectly some of the waste products from her baby's circulation. She must take a reasonable amount of exercise, that mind and body may be kept fit for the added bodily and mental responsibility.

For professional purposes the hygiene of pregnancy can be summed up under the five headings—dress, diet, ventilation, cleanliness, and exercise; and nurses should be able to advise pregnant women on all these subjects.

Dress.—Woollen underclothing should be worn, its thickness varying with the time of year. Corsets should be abandoned, and emphasis must be laid on the fact that any excessive pressure, particularly on the chest and abdomen, is dangerous, as the heart, lungs, liver, and kidneys all have extra work to do. Petticoats and skirts should be suspended by shoulder-straps, and for the outer garment a modification of the princess robe is very useful.

In women who have borne several children if the abdominal walls are lax an abdominal belt may be worn, but care must be taken that it is not drawn too tight, which, in addition to the harmful pressure on the abdominal viscera, might also cause varicose veins. In this connection, too, the mother must be warned against the use of garters; suspenders must be worn. Should the veins in the legs become enlarged, bandages or elastic stockings should be worn.

Diet.—Provided the expectant mother is in the habit of having a sensible diet, no change

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