

commonly cover their feet with oil and derive benefit from this. There may be several advantages in this. Among other effects it will act as a bad conductor of heat; it may minimise the effect of the wet; it may keep the leather of the boots more pliable, and its application may be the occasion of a thorough massaging of the feet. In order to obtain the full effect the oil should be of high boiling-point and be used in considerable quantity; semi-solid oils, such as vaseline, would probably give the best results.

5. To maintain the circulation in the feet it would be helpful to increase the clothing of the legs. This might be done by using leggings reaching the thigh or by wearing two pairs of pants.

6. It is found that the onset of the symptoms was gradual as a rule. A soldier would at the end of a turn in the trench suffer from slight swelling. During the resting period he recovered, but on the next occasion the symptoms became so severe that he was disabled. Such cases should be investigated by the medical staff, and tested before they are allowed to return to trench duty.

7. The period of commencing recovery. When the condition has become so severe as to disable the soldier, he should not be allowed to walk or march more than is absolutely necessary when he leaves the trench. As soon as possible he should be conveyed to a resting-place. In many cases the records tell of disabled men having to walk back to billets some miles behind the line of the trenches. Wherever possible in such circumstances transport should be taken advantage of.

8. When the billets are reached measures should be directed to giving the feet as much rest as possible. The feet should not be warmed in any way that causes congestion, and the return of the normal circulation should be delayed rather than hastened.

FROSTBITE IN THE GERMAN ARMY.

From a German article entitled "Frostbite of the Feet at times free from Frost," trench foot, which caused so much suffering amongst the armies last winter, is discussed. The author had seen 14 cases at a time of mild weather, and in all but one amputation of the leg or legs was necessary. Prophylaxis consists, in the German view, in wearing large unshrunk boots; boots shrunken by drying at fires must not be worn. The author considers that hot air may be useful in treatment. He records that in one of the cases two toes would have been certainly lost if the ordinary routine had been employed, but only formation of vesicles resulted under hot-air treatment.

OUR PRIZE COMPETITION.

WHAT PRACTICAL SUGGESTIONS CAN YOU MAKE FOR CHECKING WASTE, OR EFFECTING ECONOMIES, IN HOSPITAL AND POOR LAW INFIRMARY ADMINISTRATION?

We have pleasure in awarding the prize this week to Miss Amy Phipps, Arc-en-Barrois, France.

PRIZE PAPER.

The building up of an economic system in a large institution depends to a great extent upon the "professional conscience" in this respect of those in authority, and the extent of their powers of organisation, to ensure the carrying out in detail of instructions, in whatever form issued, relating to the prevention of waste.

The whole staff should be made to realise the fact that, as a body and also individually, they are responsible for the proper use of goods entrusted to them by a charitable or municipal body, and those in authority over any section of the administration, should pay special attention to the avoidance of waste in every respect.

The writer remembers, at the commencement of probationer days, a lecture given on the above subject, great stress being laid upon conscientious economy: at the same time, it was pointed out that although ornament may always be sacrificed to utility, the comfort and wellbeing of the patient must never be sacrificed to economy, but all must be tempered with commonsense.

In small temporary hospitals, all sorts of things may be improvised to meet the needs of the place; but this system is only practicable in a very small degree in a permanent institution. Again, nurses should be instructed in some measure as to the cost of surgical supplies, &c., that they may co-operate intelligently in the working out of an economic system.

The latter may be divided roughly into three sections:—

- The Ward.
- The "Offices."
- The Nurses' Home.

Perhaps, in the first-mentioned, the waste is most apparent, though if the Sister is a good and keen administrator, and willing to take trouble, the waste may readily be reduced to a minimum, with regard to food, if this is well and daintily prepared, it should be given in small quantities, and added to as needed.

Then, too, with regard to surgical supplies of all kinds—lint, wool, gauze, lotions, &c.—needless to say, these should be kept only for

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