

report at once to doctor. Vaginal and intra-uterine douching may be ordered.

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss M. J. Butter, Miss D. Vine, Mrs. Farthing, Miss S. Simpson, Miss J. Robertson, Miss M. MacDougall, Miss P. O'Brien.

Miss Butter sent in an admirable paper, but it considerably exceeds the limit of a Prize Competition.

QUESTION FOR NEXT WEEK.

Name two communicable diseases, and state the manner in which infection is carried.

WAR SURGERY.

PARTIAL HELIOTHERAPY AND WOUNDS OF WAR.

M. G. Léo, formely an interne in Paris hospitals, and Chief of the Surgical Clinic in the Hôpital Necker, and *Aide-Major* of the first class of the Reserve of the Territorial Army, contributes to *Le Caducee* an interesting article on the above subject, from which we subjoin the following extracts:—

Heliotherapy consists in exposing teguments and sores to the rays of the sun, without interposition of any kind.

The use of the sun's rays is not to obtain warmth, but to allow the ultra violet rays—also called the actinic rays—emitted by the sun, through the ether and atmosphere which surround our planet, to fall on the exposed part without the interposition of the lightest gauze, pane of glass, or screen of any kind.

This treatment, so little known, may be carried out wherever the sun's rays can fall directly on the subject. In all climates, at all seasons, the sun gives forth these rays. Naturally in a country where there are often clouds and fogs it is not so favourable, but it is astonishing what a number of hours on most days, even in the winter months, it has been possible to obtain this healing treatment for the wounded.

The results recorded by M. Léo were obtained in a temporary hospital in Normandy, on the edge of a damp valley.

Often at all seasons of the year a quick glance at the sky at a given moment may show it absolutely grey, and it may be asked how heliotherapy is possible on such a day. But it has been observed that for an hour or two, perhaps from seven to nine o'clock in the morning, a brilliant sun has shed its ultra-violet rays on the locality. It is only later that the fog and

the clouds have come. In a word, it is necessary in northern climates to be on the watch at sunrise, in order to utilize the sun's rays from that time. One is astonished then to see how often it shines even in a bad season, or on the bad days of good seasons.

A little attention is necessary in the application of the rays. In military hospitals, and especially in those mobilized in war time, this is easy, as help is available. Moreover, the wounded themselves, when once they have experienced its benefits, claim their place in the sun, that they may receive treatment from its rays, and that their beds shall be rolled out if they cannot instal themselves under its influence without help.

For the rest, heliotherapy is not applicable to all wounds indifferently, but only to certain selected ones. It is easy on sunny days to remove the dressings of these patients, and place them in the sun, and then to attend to the dressings of those who are not receiving this treatment, and later to re-apply the dressings of those who have received the sun treatment.

This manner of utilizing the ultra-violet rays is particularly applicable in all the wards to which the sun penetrates at a certain moment of the day, either morning or afternoon. It is only necessary never to forget to open the windows, otherwise the glass will act as a screen to the actinic rays, and render the treatment absolutely useless.

The installation of the wounded man is not difficult. It is necessary to expose, as much as possible, the entire limb in which the wound occurs, or the segment of the trunk which is injured; for instance, the whole of the thorax or of the abdomen. It is simple and easy to uncover a limb, or a section of the body, in this way. To entirely undress the subject, as is done in the Solaria of the South, in cases of tuberculosis of the joints, implies an organization more complete and difficult of achievement in the mobilized military hospitals.

It suffices, therefore, to open the bed, to remove the dressing, and to let the rays of the sun play on the wound and the surrounding region. All kinds of positions can be adopted by the wounded man during this application of the sun's rays; thus he may lie on the abdomen if the wound is of the back.

The duration of the treatment varies from one day to another, and depends on the force and brilliancy of the sun's rays. An exposure of less than a quarter of an hour is not efficacious; one of half an hour depends mainly on the pains taken to utilize it; one of an hour's duration is very efficacious.

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