

The difference between *integral* and *partial* treatment is that in the former the whole body, with the exception of the head, is exposed, and necessitates progressive training. It is principally applicable to tubercular joints, and lasts for several hours. It is practicable in certain mountain climates. Partial heliotherapy is practicable in all climates, and for short *séances*, lasting from a quarter of an hour to two or three hours as a maximum. Only the wound, and the member on which it occurs, is exposed. All that is necessary is that the unobstructed rays of the sun should, through an open window, play over the bed of the patient.

Experience in a complementary hospital in Normandy from October 14th to April, 1915, makes it possible to say that the wounded exposed to the sun's rays benefit in three different ways.

1. Epidermisation of wounds is clearly accelerated. Exposure to the sun, repeated as often and for as long as possible, causes a rapid growth of the epidermis at the edges of the wound.

2. Granulations appear on infected wounds, or continue, or multiply. These words ill express the rapid and striking change of aspect produced in a wound treated by insolation, sometimes after the first treatment, and always after two or three consecutive treatments of an hour's duration.

3. Œdema disappears, and there is established, at the level of the wound, a special lymphorrhagia under the influence of the actinic rays, which constitutes a therapeutic phenomenon more important than either of the preceding ones, and also less known. Thanks to this, the œdematous condition of the infected region, whether due to serum or pus, disappears.

The best drain is the sun, for it is not content, like indiarubber drains, to conduct the contents of the infected cavity to the surface, but it promotes oozing in the cavity. Rubber drains are passive conductors; the sun is an active drain, inasmuch as under its influence the septic liquid is actively drawn from the œdematous tissues.

The objection is sometimes raised that if so simple a means has so powerful an effect, it must have been known long ago.

Without doubt heliotherapy is as old as the world, but civilization stifled it. Now it must accord it the importance which it lacked until placed by men of science on a scientific basis.

For the rest, M. Léo believes that personal observation of an infected and incised wound,

treated by this method, will best carry conviction of its usefulness.

PASSIVE ISCHEMIA AS MEANS TO OVERCOME FATIGUE.

DE FLEURY'S experience with the troops has confirmed the remarkable relaxation and relief that follow the simple measure suggested by Jaquet. He calls it the biokinetic method of resting; it aims to expel the blood from the legs by raising them. The men take off their shoes and lie on the ground close to a wall or tree and raise their legs against the wall to a right angle with the body. In this attitude the toes, ankles, and knees are worked. If the shoes are not taken off, the benefit is less, but even then the refreshing influence of this transient ischemia is notable. The head should be raised as on a pillow. A body of men apparently entirely exhausted recuperate their energies with five, ten, or fifteen minutes' exercise of this kind, the rest and the flood of blood which pours into the tissues as they get up.—*Bulletin of the Academy of Medicine, Paris.*

INTERNATIONAL NEWS.

MESSAGE FROM THE FOUNDER.

The following Message was sent by the Founder of the International Council of Nurses, and read by Miss Annie Goodrich, the President, at the recent Nursing Convention at San Francisco:—

DEAR MADAM PRESIDENT,—

Please convey to our dear colleagues assembled in Conference at San Francisco the affectionate regards of every member of the National Council of Trained Nurses of Great Britain and Ireland. Deep is our disappointment that we cannot be with you as on so many previous occasions, to enjoy in peace and happiness the gracious hospitality of the hostess Council. But our duty to humanity keeps us attendant on the sick and wounded of European Armies at war, in which duty we welcome the devoted help of many American Red Cross Nurses.

May the members of our fine International Federation of Trained Nurses have an uplifting time together in Conference, and also thoroughly enjoy their visit to the Panama-Pacific Exposition, reports of which, of its beauty and magnificence, have come to us across the seas.

Affectionately yours,

ETHEL G. FENWICK.

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