

bandaged *constantly*, or wear an elastic stocking. I prefer the former plan, and to most women it is the more *bearable* of the two forms of support. As the period of labour approaches, the veins become more and more enlarged, in the upper part of the thigh almost amounting to hernia, so great is the pouching of the vein. Not infrequently inflammation of some portion of the veins takes place, and under this circumstance *absolute rest must be enjoined*. When labour commences the pain from these inflamed veins is most distressing to the patient, and hinders its progress, as she cannot bear down to her pains, and after delivery there is not much ease from pain for some days afterwards, for there is heat, redness, swelling, and *hardness* in the affected veins. The most frequent places are the calf, the under part of the knee, the ham and the thigh; but whatever the position, the alleviating measures are the same. The limb must be slightly raised on a pillow, hot fomentations applied, sedative lotions used. I have seen most relief from the belladonna liniment, which should be painted over the swelling with a good-sized camel-hair brush, or belladonna ointment lightly smeared over the part, but the lotion is the better of the two; but whichever or whatever is applied must be done with the *utmost gentleness*, and everything in the shape of *friction absolutely avoided*, for you can understand that the inflamed condition of the coats of the veins tends to still more obstruct the venous circulation, and hence favours coagulation, with its attendant risk of embolism. The limb should be wrapped in wadding. It is most important to protect it from cold, or rather "chilling." The patient must not be allowed to leave her bed, or put her foot to the ground, until all inflammation of the veins has subsided and medical sanction has been obtained to rise. The limb must be bandaged, and kept so for some time after confinement.

Hæmorrhage from a burst varicose vein may take place during pregnancy or at the time of labour, especially if the precautions I mentioned to preserve the veins from injury have been neglected. If no medical man is present, have the limb raised, and press firmly with the ball of your finger upon the bleeding vessel, and *keep it there* till aid arrives; the Doctor must be sent for at once, and the nature of the case stated to him. The Nurse may get some one to tie a handkerchief, or a bandage, tightly round the leg and below the lesion. I have found a small cork, with a pad of rag or lint under it, better for

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making pressure with than the finger; but these appliances are not always readily obtained. The main point is to keep up continuous firm pressure upon the open vein until the Doctor comes.

(To be continued.)

### NURSING ECHOES.

\*\* All communications must be duly authenticated with name and address, not for publication, but as evidence of good faith.

DR. REID has forwarded from Windsor Castle to Lady White Cooper two fine photogravures of the Queen, with Her Majesty's signature on each, for transmission to the leper settlement on Robben Island. They have been done from the Jubilee State Picture by Angeli, which hangs at the Castle. They are inscribed: "Presented by Her Majesty the Queen to her suffering subjects in the Leper Hospital, Robben Island, 1891." The Rev. W. T. M'Cormick, Vicar of St. Matthew's, Brighton, Hon. Secretary in England of the Robben Island Relief Fund, writes: "Having travelled in South Africa and visited the miserable lepers, I can testify that Her Majesty's gifts will be the means of intensifying the love and loyalty that already exist among all classes in that colony."

THE Princess Christian has entrusted the making of the bridal train of the Princess Victoria Louise to the Royal School of Art Needlework, of which she is the active president.

I THINK the attention of Members of the Royal British Nurses' Association should especially be called to the fact mentioned at its last Sessional Meeting—that it is proposed to offer the President a Silver Wedding gift. Members would do well, therefore, to send their subscriptions direct to the office of the Association.

THE Lord Mayor and Sheriffs will attend the dinner at the Hôtel Métropole on the 18th inst., in aid of the Hospital for Sick Children. The Duke of Fife will take the chair.

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[previous page](#)

[next page](#)