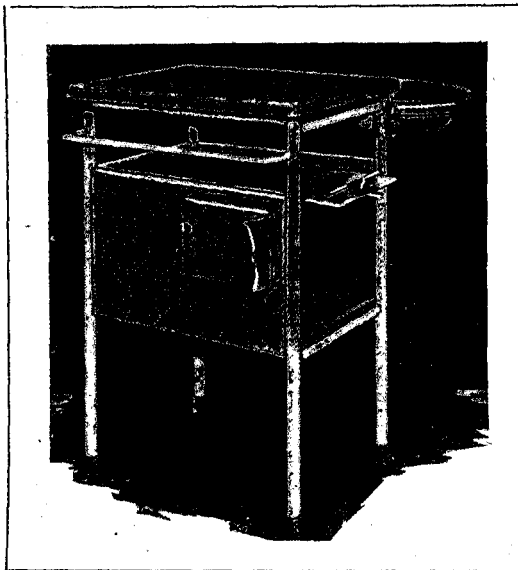


PRACTICAL POINTS.**A NEW BEDSIDE TABLE.**

A very important sanitary point often overlooked in hospitals is the danger of infection due to using washbasins promiscuously. The accompanying illustration shows a heavily constructed bedside table with a washbasin attached, designed by Dr. E. R. Crew, superintendent of the Miami Valley Hospital. When not in use this can be turned under the top of the table. The table has also an open shelf for the chart file and an enclosed shelf underneath for the bedside accessories, which should not be conspicuously displayed. A sanitary toilet-paper holder, white enamelled, is placed on the back of the stand. Above it the towel rack is shown. The top of the table is made of porcelain-enamelled cast iron.

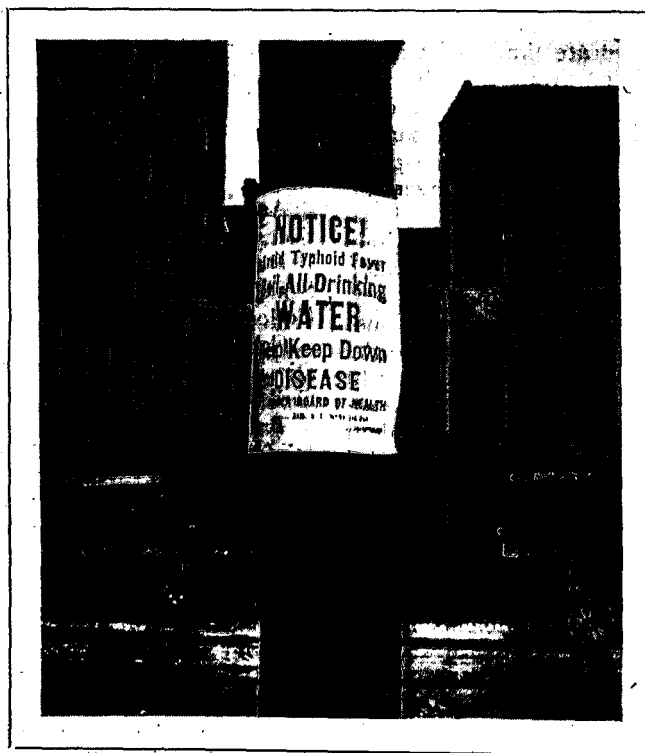


A NEW BEDSIDE TABLE.

BRINGING THE CITY HEALTH DEPARTMENT TO THE CITIZENS.

Municipal health departments have, of course, done wonders toward conserving the health of the citizens of their respective communities, but it has remained for the bustling little town of Hamilton, Ohio, U.S.A., to bring the Health Department to the very doors of the people, so to speak.

Hamilton's city fathers recognised that not all the people read the papers, and not all the papers carry all the warnings the Health Department gives out—at least, not in the catch-the-eye form that should be. So, at little more cost than that of printing, when the municipal drinking



BOIL DRINKING WATER AND SO AVOID TYPHOID.

water supply became infected (thanks to the freshets), and there was danger of general epidemics, as result, the Board of Health had a goodly quantity of warnings printed after the style of the one of the photograph, advising every one to "boil drinking water and so avoid typhoid," and these were posted where those staying at home, as well as those who run, might read.

FELIX J. KOCH.

COLD IN PNEUMONIA.

In a letter to the *Journal of the American Medical Association* the writer says that those who have been accustomed to the use of the fresh air treatment of tuberculosis and pneumonia recognise as a fundamental necessity that the patient shall never be uncomfortably cold. Discomfort is incompatible with rest, shivering is nature's method of raising the temperature; depression is to be carefully avoided. If the patient is uncomfortable it is due to faulty technique, and in the majority of cases the nurse is the one who is

responsible for the failure. If patients are properly protected below the mattress (a layer of newspapers, blankets, &c.), as well as above, the pillows properly arranged, bed socks and shields supplied, they can stand almost any degree of cold with comfort. Their bodies may be in Florida, their noses in the Arctic regions. The skin must be red, not blue; they must be warm, not cold. Only cold air will beat down their fever, stimulate their hearts and supply pure, unbreathed air. Exhausted air can produce no more heat than wood ashes. Rain, fog and high wind are excluded.

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