

OUR PRIZE COMPETITION.

NAME FOUR DISEASES TO WHICH CHILDREN ARE LIABLE, AND THE NURSING TREATMENT.

We have pleasure in awarding the prize this week to Miss Henrietta Ballard, Northern Fever Hospital, Winchmore Hill, N.

PRIZE PAPER.

There are four very common diseases of children, namely — Rickets, Tuberculosis, Broncho-Pneumonia, and Infantile Diarrhoea.

Rickets is a very common disease of infants and children, usually showing itself in the first two years of the child's life by curving of the long bones, enlargement of extremities of bones, bending of ribs, giving pigeon-shaped chest, and deformity of skull to a square shape. It is caused by defective feeding and faulty assimilation of food, especially fats, or these may be deficient in the diet.

Feeding is the most essential treatment. Milk must contain a correct percentage of fat, and this may be given in the form of Virol in the feeds, or cod liver oil and malt may be given after food in an older child. Gravy and other fat-containing food must be taken well, and plenty of milk puddings and eggs. Sometimes phosphorus and iron are prescribed.

Sunlight, cleanliness, and fresh air are essential. Allow child to be warmly but lightly clothed and to lie in sunlight. Give hot drinks if sweating at night is troublesome, and fresh warm clothing, and bath daily.

Keep bowels regularly opened. Allow no weight on limbs, or deformity will be permanent. If much curving, splints and massage are of the utmost value.

Tuberculosis usually attacks glands, joints, spine, or peritoneum in children, or may be generalised, usually ending in meningitis. It is often hereditary, or due to exposure, deficient feeding, colds, or may follow debilitating fevers. All forms of tubercle need the same general treatment, fresh air; allow child if possible to sleep on a verandah or open but sheltered spot; provide plenty of warm, light woollen clothing, and hot-water bottles; give nourishing food, plenty of fresh milk, eggs, and fortified foods, malt and cod liver oil will probably be ordered. Weight of child must be ascertained every week if possible.

Rest in bed will be necessary in spine and joint cases, but not necessarily in gland cases unless pyrexia is persistent. Tuberculosis of peritoneum is very distressing, and meningitis frequently supervenes, with fatal

results. Feeding in these cases is restricted to milk. Enemata of starch and drugs may be prescribed with relief. Great care is needed to prevent formation of bedsores.

Broncho-Pneumonia is very common in children, and carries a high death-roll of infants, due to cold, exposure, teething complications, and following measles, scarlet fever, and often after the administration of anaesthetics unless great care is taken against chill.

Keep child in a warm, even temperature, 65° —some doctors order a steam tent—or the child may be protected by a screen, and a properly guarded bronchitis kettle used. Keep room supplied with fresh air, but avoid all draughts. Flannel garments must be worn.

Linseed poultices give much relief to congested lungs, but must be light and not allowed to get cold. Light, nourishing diet and stimulants will be ordered, also ipecacuanha to help child to vomit phlegm. Keep bowels well open, but not purged.

Instead of poultices, a pneumonia jacket made of gamgee may be worn, or some medicated substitute.

The temperature comes down by lysis, and chills must be carefully avoided during convalescence.

Infantile Diarrhoea has the highest mortality during the summer months of any childish ailment, and is due to food being infected by flies.

If the child is not in a very collapsed condition give castor oil, wrap in warm blankets, and give protected hot bottles.

Feeding is very essential. Albumin water, boiled water, and brandy and water are the only fluids likely to be retained, as vomiting usually persists with diarrhoea.

Hot baths with mustard stimulate a collapsed child and quickly aid circulation. Saline, cutaneous or rectal, is usually presented with relief.

Child must be frequently changed and washed, or excoriation of buttocks will result, and the number of motions will not be correctly ascertained.

Milk, &c., cannot be given until vomiting has ceased, as vomiting increases collapse, more so than diarrhoea.

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss M. M. Comer, Miss M. Bielby, Miss T. Robinson, Miss F. Jones.

QUESTION FOR NEXT WEEK.

Name some new appliances used in the care of the sick, and how they should be applied.

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