

Cold water may be used in the treatment of fever in one of the following ways :—

1. *Cold Bath*.—This is undoubtedly the most efficacious. At the same time it is more or less of a shock to the patient, and for that reason is seldom used in this country, except when the immediate lowering of a dangerously high temperature is desired.

A long bath, half full of water at a temperature of about 65° is placed transversely at the foot of the bed. This position is recommended by Dr. Hare as preferable to having the bed and the bath in the same straight line. A small towel is fastened round the patient's hips with a safety pin, and his night shirt taken off. His head and neck are then sponged with cold water, and the bed-clothes afterwards removed. He is now carefully lowered into the bath on a sheet. For systematic bathing, Dr. Hare's perforated canvas stretcher on light wooden poles would be much better than a sheet. It fits loosely into the bottom of the bath, the patient being again lifted out on it and laid on a mackintosh. When first placed in the water the patient gasps for breath, but this gradually passes off. Owing to the contracting effect of the cold water upon the superficial blood vessels, his pulse becomes smaller. To the uninitiated this might appear a dangerous symptom, whereas it is merely a normal result of the bath. With the gasping respiration there is usually a slight degree of shivering, which soon stops. Later on in the bath, shivering may again commence. This must not be taken as an indication for stopping the bath, unless it becomes violent. While in the water, the patient's skin should be subjected to firm yet gentle friction by the nurse's hands.

At the expiration of ten minutes a blanket is thrown across the top of the bath, and the towel removed from the hips. The patient is then lifted out by placing the hands behind him, and leaving the wet sheet in the bath. Still covered by the blanket, he is laid upon another, which the nurse has warmed, and placed upon his bed. He is now rapidly and gently dried with a warm towel, the two blankets slipped away, a sheet and one blanket thrown over him, and his night-shirt put on. There is no need to heap blankets upon him, or put hot-bottles to his feet, unless he remains very cold or continues to shiver after removal from the bath, in which case a hot drink should first be given to him. At the same time, a nurse must have these things ready, as well as some brandy and a hypodermic syringe in case symptoms of collapse should appear.

In this country, at any rate, a medical man is usually present when a cold bath is given."

The other methods of using cold water in the treatment of disease mentioned are :—(2) Tepid baths gradually cooled; (3) cold pack; (4) cold sponging; (5) cradling. They are mentioned in their order of efficiency.

The authors conclude by stating that "The cold bath is by far the most certain and rapid treatment of lowering a high temperature, while sponging and cradling take a much lower place. They can, however, be used in cases where, owing to the condition of the patient, the more potent methods are inadmissible. Hence the necessity for their inclusion in this chapter."

NURSING ECHOES.

HER ROYAL HIGHNESS PRINCESS MARY.

The following statement was issued from Buckingham Palace :—

"The Princess Mary is most anxious to remove certain erroneous impressions which would appear to have arisen in connection with the various subscriptions at present being raised to provide gifts on the occasion of her wedding.

"It should be made known to the public that Her Royal Highness is in no way responsible for the initiation of any fund, for the form of any gift that may be presented to her, or for the method of raising subscriptions. In cases where Her Royal Highness has been approached before the raising of a fund, it has always been made clear that the decision with regard to the form of any gift that a fund may assume must rest with the donors themselves.

"It is needless to add that the Princess Mary is deeply touched by the numerous funds that have been initiated, and she is highly gratified to think that in these days of stress many charities in various parts of the country will thereby materially benefit."

In a letter to the Manchester Committee who are arranging for the collection of a million shillings, in aid of Manchester and Salford institutions for the nursing of the sick poor, in honour of Princess Mary's wedding, and are holding a flower day, the Lady-in-Waiting writes :—"I am desired by Her Royal Highness Princess Mary to acknowledge your letter and to say that the favourite flower of the Princess is the sweet-pea. Her Royal Highness wishes success to the proposed effort and hopes that it will result in a large sum being obtained for the sick poor of Manchester."

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