

over his feet, sheet and quilt until his temperature has fallen.

Wash patient carefully with hot water night and morning (110 degs. Fahr.) taking ten minutes over process. Owing to distress caused by moving patient, it is often only possible to attend to his back morning and evening, when sponging him, but as it is usually only a short illness, the back rarely occasions real anxiety.

Wash first with plenty of soap and water, dry well, and then use some hazeline solution or methylated spirit, and powder well. An air ring will add to his comfort.

Patient's mouth must have careful attention. The nurse wraps a small wisp of wool round a pair of forceps, dips the wool in *sod. bicarb* solution, and carefully cleans the teeth, tongue, and gums. Listerine mouth-wash can be given when patient is well enough to use it. Ointment smeared on the lips will prevent them cracking.

Temperature:—If over 105 degs. Fahr. it is advisable to cradle. Leave patient in cotton shirt, light blanket over feet, bed socks if feet are cold.

Two large body cradles over him, cover with sheet, leaving both ends open, tucking in sides. If temperature reaches 104 degs. Fahr. sponging may be ordered. Proceed as for morning and evening only continuing for twenty minutes. Water 110 degs. will reduce temperature just as well as tepid, and will not cause discomfort. Most doctors prefer hot applications to chest. Linseed poultices must be used with great care, they must be very light so as not to interfere with breathing.

Antiphlogistine has the advantage in not requiring frequent changing.

Oxygen may be given if there is a great difficulty in breathing.

Leeches are sometimes ordered to relieve the pain of pleurisy. Bowels and urine need careful attention.

When the crisis is expected watch for first sign of sweating. Cover patient with two blankets, applying hot water-bottle carefully protected, and give hot drinks, such as coffee. When sweating is over, rub down quickly with warm dry towel, put on warm clean shirt and change sheets. The patient may now take any digestible solid food. The temperature frequently drops below normal.

The sputum pot should contain some antiseptic, and its contents be burnt each day, always keep covered.

Complications:—Empyema, pericarditis, arthritis, otitis media.

HONOURABLE MENTION.

The following competitors receive honourable mention: Miss James, Miss A. F. Worcester, Miss Elsie M. Sivell, Miss P. Thomson.

Miss Elsie M. Sivell writes:—"The patient should be kept as quiet as possible, and unnecessary movement or talking avoided. Liquid diet should be given in small quantities two-hourly—milk, Benger's Food, egg flip, milk-coffee, &c., also plenty of water, orange or lemon drinks, and barley water.

QUESTION FOR NEXT MONTH.

Describe the after treatment and nursing of a case of prostatectomy.

THE INTERNATIONAL COUNCIL OF NURSES.

Miss Nina D. Gage, the President of the International Council of Nurses writes to the Founder from the Hunan-Yale School of Nursing, Changsha, Hunan, China:—

"It must be a great joy to you to watch the child of your brain growing up and taking such a useful place in the world's work. It is making a great impression out here in China; and the cause of nursing is having a chance of expression as never before, because the Council has decided to hold its next meeting here.

"I want to thank you for your leader in THE BRITISH JOURNAL OF NURSING for August on 'Congratulations, East and West.' It has delighted so many people out here in its spirit of warm friendliness for China. I am having it translated so that our Chinese nurses may read it, and begin more and more to partake of the spirit of love of the International Council. We shall anticipate seeing you in Peking."

To try to appreciate the true inwardness of any nation do not concentrate on its material progress, but study and appreciate its art. If we do get to far-away Peking in 1929, we hope to feel quite at home, as whenever we have an hour in which to rest we sit surrounded by the most exquisite little gems of Chinese art we can afford, absorbing their beauty and offering up silent pæans for their inspiration.

On Christmas Day a kind friend sent us some lovely Azalea pink chrysanthemums. How inadequate white, how garish green, red, or yellow vases for their reception! But when these exquisite blooms were placed—just a few at a time—in embossed azure blue glass Chinese vases—behold how they charmed and gratified every instinct of beauty! Then we placed under the shadow of the flowers an exquisite figure of Kwan-yin, Goddess of Mercy, her "jade" face sublime, her tapering upraised hands pregnant with benediction—Kwan-yin in rose and blue robes—lotus flowers about her jewel feet, gentle "Hearer of Prayers"—and worshipped the *tout ensemble* in the little panelled Queen Anne room, which we have the privilege to possess.

With *Shi-King*:—

"Through the Eastern Gates I wandered far,
Where cloud-like beauties thronged the way."

"What harmony of bells and drums!
What call of drums and bells!
Beyond the flaming water curves
What sound of happy spells.
The blind musicians blind us with delight,
While the deep lizard drums roll on till night."

No, don't go to Old China until you know something of her age old poets—and until you have grasped the significance of veneration.

Miss Christiane Reimann, Secretary I.C.N., is now settled into new Headquarters at 1, Place du Lac, Geneva, and next month we shall publish some description of the same. We want every nurse grouped through the various organisations in our National Council of Nurses to get personally interested in the work of the International, so that it may be really alive all the time, and not merely wake up once in four years when a Congress is going to be held.

Our Council which thinks four years a somewhat long time between meetings is hoping that we may have interim meetings as we used to have before the war. Not of course on the extensive scale of a full International, but sufficiently representative to take stock as we go along. No doubt the Board of Directors will have to consider holding an annual meeting, a detail which we do not find provided for in the new Constitution.

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