

## OUR PRIZE COMPETITION.

WHAT LOTIONS, AND IN WHAT STRENGTH, WOULD YOU USE FOR (a) BATHING THE EYES; (b) SYRINGING THE EARS; (c) A NASAL DOUCHE; (d) A VAGINAL DOUCHE; (e) GASTRIC LAVAGE; (f) WASHING OUT THE LOWER BOWEL?

We have pleasure in awarding the prize this month to Miss Hilary H. Riggall, S.R.N., F.B.C.N., Ugate, Louth, Lincolnshire.

### Bathing the Eyes.

*Purposes.*—To remove foreign bodies or discharge from the eyes. To disinfect the eyes. To relieve congestion.

*Temperature of Lotions.*—From 100° F. to 105° F.

*Drugs.*—Boric Lotion is very commonly used. It should be boiled before use if made up in a stock solution, as otherwise it is not completely sterile. The solution used for bathing the eyes is two per cent. Boric Lotion checks bacterial growth and is soothing to the tissues. It is not absorbed by the conjunctivæ.

Saline solution (sodium chloride) is a natural antiseptic which approaches the physiological means of cleansing the eye by being similar to the secretion of the lachrymal glands. It may be used in a solution of one drachm sodium chloride to the pint of boiled water. This solution is known as normal saline. If kept in a stock solution it should be boiled before use.

Sulphate of Zinc.—This is much used as a mild astringent for the eyes in suppurating conditions. A solution of two grains to the ounce may be coloured red with comp. tinct. lavender and is then called Lotio Rubra. Plain solutions of this mixture may serve as eye douches when water is added in equal parts. It may be used alternately with milder non-astringent solutions.

Perchloride of Mercury.—Mercury is a universal germicide which acts as a direct poison on all micro-organisms. A solution of one part perchloride of mercury in ten thousand of water to one in five thousand may be used.

Proflavine.—This is a powder used in aqueous solution, one in eight thousand parts, for douching the conjunctivæ. It is a powerful antiseptic which stimulates connective tissue cells, and does not destroy leucocytes. It is, therefore, a valuable antiseptic. A disadvantage is that it stains linen badly.

Theine (Tea).—Tea contains three to five per cent. theine, which is a mild astringent. Cool tea may be used as a domestic remedy for district use, especially if a patient has to treat himself. Tea is made with boiling water and is, therefore, more likely to be used in an aseptic condition than if the patient were told to boil the water for other purposes which he might forget. Care must be taken that the temperature is correct.

### Syringing the Ears.

*Purposes.*—To remove foreign bodies, wax or discharges. For the relief of pain and inflammation.

*Temperature of Lotions.*—From 99° F. to 110° F.

*Drugs.*—Boric Lotion. This is used in solutions of two per cent. up to four per cent. (saturated solution). Boric Lotion relieves irritation and is useful for removing offensive discharges as it acts as a deodorant.

Normal saline may safely be used for cleansing. It is a good antiparasitic and cleansing agent.

Lysol may be used in one per cent. solutions as a mild antiparasitic.

Perchloride of Mercury.—This may be used in one in two thousand aqueous solutions. It is antiparasitic and will relieve irritation.

Sodium bicarbonate, in lotion of from seven to ten grains to the ounce, is useful for cleansing purposes. This lotion is particularly used for the removal of inspissated wax, which condition is the most usual cause for syringing the ears.

### Nasal Douches.

*Purposes.*—To cleanse the nose and naso-pharynx of discharges and crusts. To lessen congestion.

*Temperature of Lotions.*—From 105° F. to 110° F. Cooler solutions are irritant.

*Drugs.*—Normal saline.

Boric acid in two per cent. solution. Sodium bicarbonate in a solution of ten grains to the ounce.

Potassium permanganate solution may be used, with just sufficient crystals to colour the water faintly pink.

### A Vaginal Douche.

*Purposes.*—To cleanse. To relieve congestion or inflammation. To disinfect the vagina. To check hæmorrhage.

Temperature for cleansing from 110° F. to 115° F. To relieve inflammation from 115° F. to 118° F. To check hæmorrhage from 115° F. to 120° F.

*Drugs.*—Acetic acid, one in fifty, of six per cent. solution, to check hæmorrhage.

Bichloride of mercury, one in four thousand.

Iodine, one in two hundred of seven per cent. tincture. This is especially useful in carcinomatous and other offensive discharges.

Lysol, one in four hundred, to one in two hundred parts, is useful for all general purposes.

Normal saline solution is safe and useful.

### Gastric Lavage.

*Purposes.*—To cleanse the stomach of mucus, to relieve congestion, to remove poisons and irritating matter.

*Temperature of Lotions.*—From 100° F. to 105° F.

*Drugs.*—Bicarbonate of soda, one drachm to the ounce of water.

Normal saline solution.

### Lavage of the Lower Bowel.

*Purposes.*—To cleanse from inflammatory products. To remove irritating substances. To destroy and remove intestinal parasites.

*Temperature of Lotions.*—From 100° F. to 116° F.

*Drugs.*—Normal saline.

Double strength saline.

Sodium bicarbonate, in five per cent. solution. Infusion of quassia, one in twenty parts, for removing intestinal worms.

### QUESTION FOR NEXT MONTH.

Say what you know about Yellow Fever and Plague.

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