

a degree beyond the limits indicated is good evidence that there is some departure from health.

In some chronics Bright's disease, diabetes and myxoedema, the temperature may be persistently lowered, *i.e.*, 95°. But a rise of temperature is much more common and important.

It occurs in connection with all acute inflammation and all febrile diseases, and careful observation of its degrees and changes from day to day and hour to hour afford one of the most reliable guides to the diagnosis of many diseases and the extent of their severity and probable result.

The thermogenic centre is situated above the spinal cord, so that the central nervous system is always affected. Too extreme cold lessens metabolism and the production of heat, causing drowsiness which may deepen into death. Too high a temperature hurries on the metabolism of the various tissues at such increased rate that the capital expenditure is exhausted, causing quickened heart beat and dyspnoea. Thus consciousness may be lost, by a comatose state or one of delirium.

HONOURABLE MENTION.

The following competitors receive honourable mention: Miss Henrietta Ballard, Miss Winifred Sloane Evans, and Miss Gladys M. Poskitt.

Miss Ballard writes: To describe the temperature of a body one must state how much it varies from a standard temperature and if higher or lower. *Two fixed points* are readily obtained. The point at which ice melts or water freezes, which is Freezing Point or Zero, and the point at which water boils or steam condenses into vapour at normal atmospheric pressure, is marked Boiling Point.

TYPES OF THERMOMETERS.

Clinical for temperature of human or animal body. *Wall* for general temperature of the atmosphere. *Thermometers* for measuring temperature of *fluids*, food, lotion, bath, etc. *Maximum and Minimum* Thermometer for giving highest and lowest temperatures over a certain period of time. *Kata Thermometer* to give the rate of heat loss by evaporation off a surface.

Miss Winifred Sloane Evans writes: The Centigrade scale is used almost exclusively for scientific purposes. British and American meteorologists, however, prefer the Fahrenheit scale which has two distinct merits as compared with the Centigrade so convenient in the constant occurrence of negative temperature on the Centigrade scale that it is very usual in Continental observations. It is said that no thermometers are quite clear of air, for it is difficult to get rid of the air held in solution in liquids, but the quantity mingled with the liquid or its vapour is excessively minute in the best thermometers.

Thermometers are used for many purposes. The measurement of the atmosphere is effected by means of the wet bulb thermometer.

In this instrument the bulb is covered with a woollen material kept constantly wet by the capillary action of its hanging ends which dip into a vessel of water.

For meteorological purposes maximum thermometers are usually laid horizontal.

PRIZE COMPETITION QUESTION FOR APRIL.

What do you know of extra-uterine pregnancy? What are its dangers, and how is it usually treated?

LAVAGE.

By MISS D. K. GRAHAM, S.R.N., F.B.C.N.

The Stomach.

In the treatment of some diseases of the stomach and for purposes of diagnosis, it is necessary to remove the gastric contents and thoroughly to irrigate the stomach. The process is known as a "gastric" lavage. Lavage is also ordered in obstinate vomiting, in cases of poisoning with opium, alcohol, etc., and before operations in cases of intestinal obstruction.

The operation of passing the stomach tube, which requires patience and skill, is carried out most conveniently with the patient seated on a low chair, but in many circumstances the recumbent position is necessary and presents no real difficulty.

Requisites.—Apparatus in bowl of hot water, a stomach pump or an œsophageal tube joined by a glass connection to a long piece of rubber tubing with a funnel attached; lubricant, butter or glycerine; two mackintoshes; large basin or small bath; large jug of water or bicarbonate of soda solution 3i-0j, temperature 99° F., quantity 6 pints; receptacle for soiled tube; lotion thermometer; hot water-bottles; hot blankets.

Method.—Stand on the right side of the patient; place the mackintoshes in position so that the patient's clothing and the bed are protected. The tube is moistened with hot water or lubricated with butter or glycerine, and passed to the back of the tongue. If the patient remains quiet and will help by swallowing, the tube then slides easily over the epiglottis into the œsophagus and so into the stomach. From 18 to 20 ins. of the tube are sufficient to reach the stomach. If the patient is unconscious, the tube should be left in position a few minutes after passing to make certain that it has not by accident been passed into the trachea, where if lavage was given, the patient would be instantly drowned. If the patient breathes naturally and does not become cyanosed, and if it is ascertained, by holding the tube against the cheek, that no air is being breathed through the tube, all is well and the operation can proceed. Place the funnel end of the tube in a bowl whilst passing the tube, or hold it up so that the contents of the stomach do not escape on to the bed. After passing the tube, lower the funnel end over the bath and allow the contents of the stomach to flow out; if there is any difficulty in starting the flow, pour an ounce or two of water down the funnel and lower it again. When the stomach is empty raise the funnel and pour in one pint of water, lower the funnel again and allow the water to flow into the bath at the side of the bed.

Repeat this procedure until the water is clear on removal. Having finished, compress and withdraw the tube. The nurse must see that all details of a lavage are accurately charted, such as the amount used before returning clear, etc. The amount of fluid put in and the amount withdrawn must always be measured. After the lavage has been given remove the mackintoshes and leave the patient warm, dry and comfortable.

The Eyes.

Requisites.—The required lotion, temperature 99° F. unless otherwise ordered; the undine; towels; swabs; mackintosh; receiver.

Method.—The irrigation of the eyes is carried out by the undine irrigator. To apply the lotion the patient

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