

Personal hygiene, a morning and evening sponge to help the skin eliminate the toxins. Vulval toilet attended to with conscientious care—strict asepsis, mask worn all occasions.

Bowel hygiene attended to: Sennæ, liquid paraffin if required. Avoid over-purgation, as diarrhoea once started is difficult to check and weakens the patient.

Urine voided should be measured, tested daily for deposits. If albumin is present, 24-hourly specimen of urine should be saved and daily Estach's quantitative test. Over-distension of the bladder must be avoided.

*Sleep.*—Carefully noted and charted. Sedatives ordered given as required. This is important, as sleeplessness is a forerunner of puerperal insanity.

*Diet.*—During the acute stage, fluids; then, providing the patient will take it, a high carbohydrate diet is recommended.

*Note.*—Should sulphanilamide drugs be used, sulphur-forming foodstuffs must be avoided—eggs, onions, etc.—also magnesium sulphate and watery stool forming aperients. Rigors occurring during the acute stage should be treated by usual nursing procedures.

#### (b) Medical Treatment.

Sulphanilamide drugs have revolutionised the treatment of puerperal sepsis given in form of proseptasine tablets.

*Dosage.* Two to four tablets every four hours until temperature reduced. Thereafter one tablet every four hours for four days. (This should be modified if solusseptasine injections are used.)

#### HONOURABLE MENTION.

Miss Daisy Evelyn Lee, Romsley Hill Sanatorium, Halesowen, Worcestershire, sends an admirable paper, which deserves Honourable Mention.

#### QUESTION FOR NEXT MONTH.

Describe the Treatment of Intestinal Obstruction and the Nursing Care.

### FLORENCE NIGHTINGALE WINDOW IN WASHINGTON.

A stained-glass window dedicated to the memory of Florence Nightingale and to the "glorification of nursing" has been installed, states the *American Journal of Nursing*, in the north transept of the beautiful Washington Cathedral on Mount Saint Alban, Washington, D.C. The window is the gift of Mrs. William T. Hildrup, Jr.

Like the famous west windows of Chartres Cathedral, the subjects in this window are contained within small medallions. Sapphire, ruby, and gold with minor touches of orange, green, violet, and low-toned whites produce an effective colour scheme.

The subjects for the six medallions in the two lancets are chosen from outstanding incidents in Florence Nightingale's life. They represent: "Childhood," "Education," "Hospitals," "The Crimea," "St. Thomas's, London" (in which she is shown laying the cornerstone of the building), and "Notes on Nursing." At the top, a hospital nurse and a Red Cross nurse hold the symbols of "Faith and Science" and "Charity and Hope." A "ministering angel" in the cinquefoil at the very top of the window bears a scroll on which is inscribed "Misericordai."

### THE HANDS OF THE BRAIN—USE THEM.

#### OBSERVATION AND CONCEPTION.

Recently someone asked whether it would be possible to have an article or a lecture on the wonders of the human hand; and certainly the subject would offer food for thought if one takes into consideration what the hands have contributed to the evolution of humanity in manifold directions, as, for instance, to art in all its branches, literature, mechanics, and so on. But, curiously enough, there arises in one's mind the idea that the brain has hands and arms of its own, although very different from the physical hands and arms. These are observation and thinking, or, to speak more accurately, observation and conception. Such a consideration may seem to indicate rather a philosophical aspect of looking at the matter; but it may not be out of place at the present time, when the exercise of such faculties is particularly called for everywhere, a time, indeed, when we have a responsibility not to allow these both hands of the brain to lie idle. Alas, in many cases, they are so and are encouraged to be so. It is easy to supply such encouragement and to make it successful, because it takes a far greater activity of will in most people to use those hands than to employ the physical hands and arms. Moreover, the less they are used the greater becomes the disinclination to do so, and they become atrophied in greater or less degree and fail to play the part they should in the discernment of truth, right, discovery, and other factors that lead towards evolution as against decadence.

To take one example near at home: far too many nurses at the present time have not directed observation towards the serious developments taking place in their profession. Others there are who use observation alone, in greater or lesser degree, but fail to make the effort to form a concept for themselves out of what the hand of observation has brought to them. The activity of observation loses, at the very least, half its value if the corresponding activity of conception does not come to meet it, owing to a lack of energy to use the thinking powers. The two hands must work in unison, activity must not be one-sided, if we are to play our part in our profession or in anything else in which we are interested or have responsibility.

But thinking is apt to be an effort, one that amounts to a sacrifice, and so there is ever the tendency to let observation gather its fruits from without and to let ready-made concepts be pushed in at the same time. Thus does the brain become left-handed, half awake, for its own hands must have their share in educating it and stimulating it to a greater extent than even the physical hands. When thinking is thus usurped by merely superficial concepts in such a way there is always the tendency to go with the tide, to take the easy path, whether from expediency or from mere laziness. We would like to consider how, at the present day and in every walk of life, words are used to bring this about.

#### The WORD, not—Words.

Very few people now give any thought to the original meaning of the word in the sense of the old interpretation of it, which meant truth or light, one that dates back to ages before the dawn of history and of which we find but faint traces to-day. It does appear, however, in such phrases as "a man of his word," "I have given my word," and so on. The Word is also used when naming the second Being of the Trinity and in naming the Scriptures; it also has root connections with worth. But nowadays people deflect the word from its original sense of light or truth, and a jargon of faked thought arises because of the use of the hand of observation only, and that not of a very attentive quality. We need not go further for examples than our own profession. We hear much, for instance, of

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