

Medical Matters.

WARM BATHS.



ONE of the most efficient sleep producers, especially in children, is a warm bath, but in order to obtain this effect it must be properly administered. The bath should be given in a room the temperature of which is from 65° to 70° Fahrenheit. The bath should be 98° F., and the patient should first, while standing up in the bath, have the face and head rapidly douched with water at 100°. Then the body should be immersed in the water, the temperature of which should be rapidly raised by the addition of boiling water, to 105° or 110° F. After a few minutes, the patient should be taken from the bath, wrapped in warm blankets, and taken to his room. The blankets absorb the moisture and then a warm nightgown should be put on and the patient be put to bed with a warm bottle placed at the feet. This procedure is very frequently followed by long and refreshing sleep.

PRESENCE OF MIND.

THE advantages of presence of mind in Nurses, in emergencies, can perhaps hardly be over-estimated, and a story recently told by an American physician in lecturing to his class is well worth repeating, to point the moral. A patient who was in a very depressed and nervous condition, swallowed by mistake a little fluid from a bottle and called out that she was poisoned. One of the Nurses ran up and looked at the bottle, screamed "Aconite," and began to cry hysterically. "The patient was about to go into convulsions from terror," when another Nurse ran up and looking at the bottle said quite coolly, "Oh! you need not be frightened, that's quite harmless, I'll take as much myself," and taking the cork out took a mouthful, then replacing the cork and leaving the ward with the patient quite reassured, she got rid of her mouthful of poison, obtained an emetic and administered it to the patient, and sent for a doctor; and by the time that he arrived, the patient had been very sick and was out of danger.

LITTLE WOUNDS.

It is curious how many trivial accidents are followed by serious or even fatal results. A workman, for example, while cutting off a piece of bread cuts his hand and wraps round it a dirty cloth in order to check the bleeding. Within

a few hours the wound begins to be painful and inflamed, then a red line is noticed up the front of the fore-arm, marking out the course of the lymphatics, the glands behind the elbow and in the armpit swell, there is some shivering and fever, and then when a doctor is consulted it is found that the hand and arm are swollen and that, in fact, the patient is suffering from blood poisoning; and in many cases either lengthened illness or perhaps even death is a consequence. It is a golden rule, therefore, to treat all wounds, however simple or trivial they may be, on the antiseptic principle—that is to say, with absolute cleanliness. If a wound is inflicted even with a poisoned instrument, in many cases a free flow of blood will cleanse it. Many cuts, for example, received in the performance of a *post-mortem* examination, would cause septicæmia were it not for this fact. And further, it should be an invariable rule, not only to dress the wound with perfectly clean materials but also to remove from it all dirt or foreign particles.

ALCOHOLISM.

For the last fifty years, public opinion in this country has been advancing in the direction of greater temperance, and whereas it was formerly a habit of all classes to drink to excess, it is now fortunately regarded as disgraceful in any section of the community, with the useful result that both public opinion and private habits have tended to reduce the consumption of alcohol. It is also probable that with the spread of education and with increased improvements in the homes of the poor, the temptations which now exist to immoderate drinking will gradually decrease. In fact, it may almost be asserted that ignorance and intemperance are most intimately associated with each other. It is possible, however, that a Danish method of inculcating temperance might with much advantage be followed in this country. In Denmark, if a man is found coming out of a public-house in a state of intoxication, he is taken thence in a cab to the police-station or a Hospital, detained there until sober and is then driven home in state. Then the cabman, the policeman, the doctor, and the authorities of the police-station or Hospital, as the case may be, all present their several accounts to the innkeeper who last supplied the drunken man with refreshment, and he is compelled to pay them all. It is reported on the best authority that the result has been the development of a keen interest in their customers' condition, on the part of the keepers of public-houses, and consequently a very considerable reduction in the number of intoxicated persons seen at large in Denmark.

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