

the patient's tolerance and resistance, and very gradually to increase the area of skin treated. In the case of patients acutely ill the treatment must be done by the trained nurse, and surgical dressings require the same skilled hands.

Light Treatment at Humanity House

SUPERVISED BY DR. LEVICK AND DR. BOWENS.

Staff.

Sister and Charge Nurse, and six trained nurses taking the course. These nurses can be obtained for Welfare Clinics, etc.

Hours.

8 A.M. to 8 P.M. Nurses do six-hourly shifts daily.

Patients.

These are interviewed by the Lady Almoner and free arranged. Minimum charge 1—per treatment.

Procedure.

Child is undressed in separate dressing room and triangular slip bearing his own name adjusted.

Light treatment given.

Douche given at suitable temperature according to case and time of year, the object being to stimulate the skin.

Child rubbed down with Japanese paper towel on which he was lying during treatment.

Dressed.

Breathing exercise given.

Danger of Light Treatment.

The danger is not so much the risk of over inflammation of the skin, but an effect which may come on after immunisation has taken place, and which is due either to too prolonged treatment or to too large a dose, and causes an over production of anti-bactericidal substances. Neuritic and toxic patients are extremely susceptible to harm, and the treatment must be given in very small doses at first and with the utmost precaution, otherwise sleeplessness, excitability and increase of pain may result.

Future of Welfare Clinics.

It is hoped that many debilitated children who now attend the Out-Patient Department of all hospitals weekly, with so little result, will be permanently benefited by the light treatment. Those who have undergone the treatment are found to sleep and eat better and to be more contented.

Tubercular glands treated with light have been completely cured, and some enthusiasts have hopes that eventually that scourge may be abolished. Artificial Sunlight has been found more practical for the purpose of treatment than the natural, as it is easier to regulate, takes less time, and can be given at any hour regardless of climacteric conditions.

Lamps.

1. Mercury Vapour.

2. Carbon Arc.

1. The mercury vapour lamp gives ultra violet rays, and the red rays come from three carbon filament lamps.

Advantages of mercury vapour lamp.

Oxygen is not used up, and the child may have fresh air and warmth.

The patient may lie comfortably under the rays.

The treatment is most refreshing.

As the rays are stronger than those from the carbon arc the treatment is more rapid. Maximum time for one area 10 minutes, generally less.

Cost is less as only 8 power current used.

Disadvantages.

Only one patient can be treated at one time.

In inexperienced hands it is more dangerous.

2. The Carbon Arc Lamp.

Advantages.

More like sunlight.

A dozen patients can be treated at once.

Less dangerous in the hands of an inexperienced operator as effect is slower.

Disadvantages.

Owing to the long exposure necessary the patient becomes more fatigued.

Maximum time, three-quarters of an hour each, back and front.

Fifty power currents required as compared with eight for mercury vapour lamp.

The carbon in time is consumed and has to be renewed.

The oxygen in the room is very quickly depleted.

To let the memory of a wrong, of angry words, of petty meanness, linger and rankle in your memory, will not only dissipate your mental energy, but it will react upon the body. Forgetting is a splendid mental callisthenic, and a good medicine for the body.