

WOUNDS.

- (1) Can I always stop bleeding? Yes, by tying the pipe that is leaking, or by binding a hard plug tightly enough over or above the bleeding point.
- (2) Is there an easier way? Yes, by tying a binding round nearer my body and twisting it tight with a stick.
- (3) Must I cover over the wound? Never cover it quite up, only pull the edges together by strips of plaster.
- (4) Must I put anything on the cut? Friar's balsam, or very hot water will help to stop bleeding.
- (5) Why must I not cover it up? Because there is danger of keeping in poison.
- (6) What else can I do? Always wash it well with water that has been boiled and open it again at once, if there is any matter in it,—remove with a sharp knife blade which has been boiled.

THE TUBERCULOSIS NURSE.

BY

MISS M. E. BUTCHER, BELLEVUE SANATORIUM, MURREE.

In one individual find all the essentials that go to the making of a good surgical and of a good medical nurse and you have the ideal one for Tuberculosis. Having secured this exceptional person, something remains to be done to keep her alive and healthy.

Why are nurses more prone than others to contract tuberculosis? Cornet gives the percentage as 63,—an appalling figure that calls loudly for reduction.

Roughly it may be taken that nearly all medical wards of hospitals are infective and many surgical ones, excepting those where extra special precautions are taken; by experiments on samples of dust from the walls of the former the percentage containing tubercle bacilli was 76.6, and of the latter 12.5.

Tuberculosis is a disease essentially of the house—where human beings congregate most, in large institutions, prisons, asylums, poor-houses, barracks, and workshops—in cities in general; it is far less in country places. Sunlight is its especial enemy—where no sun can come, in tenement houses and damp and dark localities it breeds to perfection.

A nurse spends most of the 24 hours within doors, in close contact with her fellow-beings: the result is too often an enfeebled constitution or lack of power of resistance, through confinement to close quarters, difficulties in ventilation, the impossibility of a free and open life; the inheritance of a nurse!

The tuberculous diathesis is more common than is generally known, for proof see reports of Post Mortem Examinations on accidents, suicides, children in Foundling Hospitals, and those dying from other causes than tuberculosis.

Given these three conditions, the Diathesis, the Enfeebled Constitution, and the presence of the ubiquitous Germ, and the whole vicious circle is complete,—and with it the answer as to why so many nurses succumb to Phthisis and allied complaints.