

The nurse's book of useful information / with the compliments of The California Fig Syrup Co.

Contributors

California Fig Syrup Co.

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The Nurse's Book of Useful Information



With the Compliments of
THE CALIFORNIA FIG SYRUP CO.

Introduction



IN this little Booklet for Nurses, the California Fig Syrup Company have endeavoured to present in practical form for ready reference, brief information for the busy nurse.

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Whene'er a noble deed is wrought,
Whene'er is spoken a noble thought,
Our hearts, in glad surprise,
To higher levels rise.

Honour to those whose words or deeds
Thus help us in our daily needs,
And by their overflow,
Raise us from what is low.

A Lady with a Lamp shall stand
In the great history of the land,
A noble type of good,
Heroic womanhood.

From "Santa Filomena," Longfellow

WHEN "CALIFORNIA" SYRUP OF FIGS (CALIFIG) was first introduced some thirty years ago, it was the only preparation of its kind on the market. So great has been its success that to-day there are many so-called Syrups of Figs offered to the public. Many of these preparations contain little or no figs, and almost all are offered as a substitute for the genuine "CALIFORNIA" SYRUP OF FIGS (CALIFIG). To obtain the GENUINE and ORIGINAL preparation, therefore, you must say "CALIFORNIA." Don't allow anyone to sell you a substitute.

The largest user of Figs in medicine is THE CALIFORNIA FIG SYRUP CO., who use enormous quantities of the Black Mission Fig, which grows very freely outdoors in California. By a special process of manufacture, these Figs are combined with specially selected varieties of Sennas, and these are again combined with aromatics and carminatives which result in a perfect combination—delightfully pleasant to the taste, yet efficient in its action as a laxative. The success of "CALIFORNIA" SYRUP OF FIGS (CALIFIG) has produced many imitations, therefore, to avoid disappointment always insist on "CALIFORNIA" SYRUP OF FIGS (CALIFIG).

"CALIFORNIA" SYRUP OF FIGS (CALIFIG) has now been used by the public through the recommendation of the medical and nursing professions for many years.

"CALIFORNIA" SYRUP OF FIGS (CALIFIG) is now carried in stock by practically every chemist in Great Britain, and on the entire continent of Europe.



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[ca. 1920?]

PRACTICAL NOTES ON NURSING

BEDSORES.

Are caused through constant pressure and moisture on bone prominences such as the back, hips, shoulders, elbows, knees, ankles and heels. They should receive daily attention—washed carefully, thoroughly dried, and finally dusted with Talcum, or preferably, Zinc Powder. Zinc Ointment should be used where there is incontinence or skin cracking. The bed sheets should be kept smooth and free from crumbs. The patient, if fit enough, should be occasionally turned over from side to side. Pressure may be relieved by means of a water pillow applied under the hips and back, and should come close up to the head pillow. When actual bedsores occur a Doctor's advice should be followed.

BATHS.

Cold. Care should be exercised when giving a cold or ice-cold bath, and only under Doctor's orders. The temperature of a cold bath varies from 65° F. to 75° F.; an ice-cold bath ranging from 33° F. to 65° F. The patient should be handled carefully and quickly; wrapped and immersed in a sheet, the bath lasting no longer than 5 minutes. The patient's pulse must be kept under observation and restoratives or stimulants at hand. The patient should then quickly be put back into a warm blanket bed.

Hot Air. 123° F.-170° F. The patient should be divested of all clothing and wrapped in a warm blanket. A mackintosh sheet is then placed underneath and around a cradle made round the body; with a complete blanket covering. Use a bath thermometer. The pipe admitting the hot air should come between the patient's legs, which are of course wrapped in the blanket. When the bath has attained the required temperature the apparatus is removed, the mackintosh, sheets and cradle withdrawn, and the patient allowed to cool down still wrapped in the original blanket. In 20 to 30 minutes the patient is then sponged over with hot water, dried, warm clothes put on, and the bed made up with warm blankets.

Medicated.

Alkaline. 2 to 4 oz. Sodium bicarbonate to every 4 gallons water.

Bran. 4 lbs. heated bran to about 30 gallons water.

Mustard. 1 tablespoonful to the gallon. The Mustard should be immersed in a muslin bag.

Salt. 16 oz. to every 4 gallons water.

Sulphur. 4 to 8 oz. Sulphur (previously dissolved in boiling water) to 30 gallons water.

Tar. 8 oz. Bitumen to 30 gallons water.

DOUCHING.

Eyes. Diseases of the eye are usually very contagious, therefore dressings after use should immediately be burned. The affected organs must not be allowed contact with other parts of the body or clothing. The upper lids should be everted and the lower one drawn down. Discharges should be wiped away with a piece of wool, any lotions being dropped in from another clean pledget. Do not syringe. Ointments are applied under the lower lid on the end of a probe. The closed eye should then be carefully massaged. To prevent sticking apply a little vaseline along the lids. Pain may be eased by external bathing in cold water. Drops should be applied on the eyeballs by means of a dropper. Fluid coming away from the eyes should be soaked in cotton wool and burned.

The Nose. A warm salt solution or lotion is gently douched (from a douche can in which the flow can be regulated) up the nostril. The solution will find its own exit either through the other nostril or through the mouth. Care must be taken to prevent accidental choking, and undue force must be avoided.

DRESSINGS.

Dressings should be sterilised and applied only with clean hands. After use they should be burned. Ointments should be spread evenly but not too thickly on the smooth side of the lint. Fomentations are employed by using folded boric lint, wrung out in boiling water, and then covered with oiled silk and a pad of cotton wool, and bandaged on in the usual way.

PACKS.

Cold. All clothes except the top sheet should be removed. The patient is then divested of all clothing, and wrapped in a sheet, wrung out in cold water, and completely covered with a blanket, and left for about 30 minutes. Employ a mackintosh sheet to prevent unnecessary clothing becoming damp.
Hot. 105° F. The patient is stripped of all clothing and covered with a blanket underneath which is a mackintosh sheet. The sheet or blanket to be used is folded along its length and immersed in hot water, wrung out, and with as little delay as possible is then completely wrapped round the patient, then covered with a mackintosh sheet and a further blanket and allowed to remain for an hour or so. On removing the pack wash all over with hot water, put on warm clothing, and re-make bed with warm blanket. Care must be taken that the room is warm and free from draughts.

SPONGING.

The patient is stripped of clothing and wrapped in a blanket. A sponge not too freely wrung out is operated on one limb at a time, using a long sweeping stroke. There should be no exposure when treating the abdominal parts. Allow the patient to lie in blankets for 15 minutes or so, then change into warm clothing and a warm bed. The room should be free from draughts.

URINE.

A patient's urine should be examined daily for colour, quantity, and any unusual symptoms. The normal quantity is 50 ounces. Thick and turbid urine denotes an inflammatory condition. In cold weather a brick red deposit may usually be seen after standing. This ordinarily merely indicates a deposit of urates. In hot weather the urine is naturally less in volume, owing to perspiring. The normal reaction of urine is slightly acid. Use Litmus Paper for testing. The normal specific gravity of urine ranges from 1015 to 1025. For ascertaining specific gravity use a Urinometer allowing it to float freely.

URINE TESTS.

Albumin. A test tube is nearly filled with a sample of the urine to be tested and made slightly acid. The uppermost portion is then heated by turning the test tube round in the flame. If Albumin is present, as boiling point is reached this heated portion will turn white or turbid, and remain unaltered on the addition of a few drops of nitric or acetic acid. If this whiteness or turbidity disappears on the addition of the acid, it merely indicates the presence of phosphates.

Sugar. To a portion of Fehling's Solution, a little of the urine to be tested is added and heated. If the solution turns a bright orange, sugar is present.

N.B.—It is very important that fresh and reliable Fehling's Solution be used.

Bile. On a suitable white surface a little nitric acid is added to a small portion of the urine. Presence of Bile is detected by a resulting greenish coloration changing to orange and red.

Pus. The presence of Pus is usually detected in the thick and stringy deposit found on standing. To a portion of this add an equal portion of Caustic Potash. Pus is detected by a resultant jelly-like and slimy mass.

Blood. To a small portion of the urine to be tested is added a few drops of Tinc. of Guaiacum which gives a turbid mixture on shaking. About an equal quantity of ozonic ether is then carefully added, and a slight shake given. If a blue ring is found at the juncture of the ether and urine, blood is present.

LAXATIVES.

The choice of a laxative should be a matter of care. Avoid harsh laxatives which unduly purge, give pain, and irritate the mucous linings of the intestines. Select a mild, but thoroughly efficient laxative, such as California Syrup of Figs, which is ideal, being a natural product, very pleasant to take, and free from griping tendencies.

"CALIFORNIA" SYRUP OF FIGS (CALIFIG) is so pleasant and mild in its action that it can be taken by babies with perfect safety. Full directions are given on every bottle.

For bowel and summer complaints of children "CALIFORNIA" SYRUP OF FIGS (CALIFIG) cleanses the stomach and intestines, thereby removing the causes of infection and speedily restoring a normal healthy condition.

When a child is cross, fretful, sick, with coated tongue, and a temperature, a little "CALIFORNIA" SYRUP OF FIGS (CALIFIG) will work wonders—mildly laxative—no griping—very pleasant to the taste.

It can be taken with equal success by adults as well as children, indeed there are thousands of delicate women, invalids, elderly people who regularly take this wonderfully pleasant and efficient laxative. "CALIFORNIA" SYRUP OF FIGS (CALIFIG) is well named "THE WORLD'S FAMILY LAXATIVE."

To make sure that you are getting the genuine "CALIFORNIA" SYRUP OF FIGS (CALIFIG) see that the BLUE RING and the word "CALIFORNIA" is on every package. The success of "CALIFORNIA" SYRUP OF FIGS (CALIFIG) has prompted imitations, many of which contain little or no figs at all. To protect your patient, your doctor and yourself, insist on having the genuine "CALIFORNIA" SYRUP OF FIGS (CALIFIG)

THE SICK ROOM.

Select an airy, well ventilated room, bright, cheerful and clean. All unnecessary furniture should be dispensed with, and the flooring preferably covered with oilcloth which can be easily cleaned. Rugs and mats should be easily removable. The sick room should be kept scrupulously clean, the floors washed daily, and furniture, etc., dusted with a cloth moistened with an antiseptic. Ensure proper ventilation but prevent draughts. Once a day open all windows and doors, to completely change the air, but during the process keep the patient well covered

from head to foot. Maintain the average temperature of the room at 60° F. to 65° F.

THE BED.

The bed should be out of draughts—use a screen if necessary to ensure this. The undersheet must be kept smooth and straight, and well tucked in all round. It is preferable to place a draw-sheet across the bed, extending from the patient's shoulders downwards. To make a bed properly requires two persons, especially in those cases where the patient cannot be moved. Avoid causing unnecessary pain or fatigue. Remove all the top bed-clothes, except the sheet or a blanket as covering. If possible carefully turn the patient on one side. Now roll the soiled sheet lengthwise up to the patient's back. At the same time tuck in the clean sheet and roll similarly. Now gently turn the patient over on to the clean sheet—remove the soiled one and draw over the other half of the clean sheet, taking care that it is free from rucks. To change the top sheet untuck it all round. Now cover with a clean sheet and tuck in, when the soiled sheet may now readily be withdrawn.

When the patient cannot be moved, he should be lifted on the draw-sheet by two or more persons and a fresh draw-sheet put into position. The patient is then replaced and the soiled draw-sheet withdrawn.

Water Bed. A water bed should be employed only on a strong and rigid bed. The water bed should be filled with tepid water and then covered with a thin blanket, a mackintosh sheet and drawsheet.

THE PULSE.

The pulse determines the heart beats and impulses. In taking the pulse, count for a full minute:—

Average normal pulse—At birth 120 to 140 beats per minute

Children 80 to 100 „

Adults 65 to 75 „

RESPIRATION.

Averages in adults 16 per minute.

In children it is more variable and rapid.

POULTICES.

To make a poultice place a scalded basin inside a larger one which contains hot water. Put the required quantity of Linseed Meal into the smaller basin and add boiling water sufficient to make into a thick paste, mixing thoroughly with a clean spoon. Now spread the poultice evenly and as quickly as possible on warm flannel. The poultice should be spread about half an inch thick, leaving sufficient space round the edge of the flannel so that it may be turned in on the poultice. Apply the poultice gently and direct to the skin. It should be removed before becoming quite cold.

THE IDEAL LAXATIVE FOR ALL AGES"

Bread. Add boiling water to a sufficient quantity of breadcrumbs, stirring and beating rapidly all the while. Spread on linen, turning up the edges in the usual way. Bread poultices are applied either hot or cold, according to the Doctor's instructions.

Charcoal. To about 2 oz. of bread crumbs soaked in $\frac{1}{2}$ pint of boiling water add gradually about $1\frac{1}{2}$ ounces of linseed meal, thoroughly mixing. Now add about an ounce of powdered wood charcoal, and again mix. Spread on muslin, and before application sprinkle lightly with more charcoal.

Ice. Two pieces of gutta-percha tissue are necessary. On one piece place a layer of wood wool or linseed meal, and cover with a mixture of salt and crushed ice. Cover with a further layer of wool or meal, and finally, with the second piece of gutta-percha tissue. Draw the edges of the gutta-percha tissue together and fasten securely with chloroform. Place the whole in a flannel bag and apply as required.

Mustard. Mix sufficient mustard and warm water to a paste, spread thinly on brown paper, and cover with muslin and apply. The strength of the mustard may be diminished by mixing with linseed meal. Mustard plasters are very cheap, and readily obtained, and serve as a splendid counter irritant.

Starch. Add some boracic powder to some ordinarily made boiled starch, spread on linen, turning in the edges, and apply.

Yeast. Mix together, in a basin, 6 oz. malt yeast, 6 oz. hot water, and 1 lb. fine oatmeal or flour. Stand before the fire till the mass rises. Then apply in the usual way.

DRUGS (Classification).

Anæsthetics. Are divided into two classes, local and general, e.g. cocaine and chloroform respectively. Anæsthetics temporarily destroy sensibility.

Diaphoretics. Are used for increasing perspiration by a stimulating action they have on the glands of the skin. Ammonium and Potassium salts belong to this class.

Diuretics. Increase the flow of urine, e.g. Digitalis.

Emetics. Cause vomiting, and are used to empty the stomach, especially in the case of poisonings, e.g. Mustard water or Salt water, etc.

Expectorants. Are given to remove the mucus of the bronchial tubes, e.g. Ipecacuanha.

Mydriatics. Cause dilatation of the pupil of the eye, e.g. Atrophine.

Myotics. Cause contraction of the pupil of the eye, e.g. Opium.

Purgatives. Are used for facilitating rapid discharge of the bowels.

Sedatives. Act on the heart and brain, producing a calming and quieting effect, e.g. Opium.

Tonics. Employed to tone up the system, e.g. Nux Vomica, Quinine, etc.

OBSTETRICAL NOTES.

The normal period of gestation averages 280 days, counting from the first day of the last menstrual period. During pregnancy the mother should enjoy a carefree life, plenty of fresh air, and avoid crowded places. She should have sufficient exercise, wear loose light clothing, and her body be kept clean. The bowels must be kept opened freely, using an aperient if necessary. "California" Syrup of Figs will be found excellent for regulating the bowels—its action being mild, gentle but efficient, with no griping tendencies, and is certainly the most pleasant of laxatives.

The breasts should be washed daily and the nipples treated with a mixture of glycerine and methylated spirits. Her diet should be simple but sufficient, wholesome and easily digested. She should engage her doctor early, and consult him on any unusual symptoms presenting themselves.

OBSTETRICAL TABLE

January	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	NOVEMBER
OCTOBER ...	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	
February ...	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				DECEMBER
NOVEMBER	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5				
March	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	JANUARY
DECEMBER ...	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	
April	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		FEBRUARY
JANUARY ...	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4		
May	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	MARCH
FEBRUARY ...	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	1	2	3	4	5	6	7	
June	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		APRIL
MARCH	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6		
July	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	MAY
APRIL	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	
August	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	JUNE
MAY.....	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	
September ...	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		JULY
JUNE	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7		
October	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	AUGUST
JULY	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	
November ...	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		SEPTEMBER
AUGUST	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6		
December ...	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	OCTOBER
SEPTEMBER...	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	

AFTER CARE OF THE MOTHER.

Mothers who breast-feed their babies should pay particular attention to their general health and habits after giving birth. Plenty of exercise in the fresh air, good nourishing and wholesome foods, and freedom from worry are the Golden Rules. Pure milk and milk foods such as gruels should be an important part of the dietary. The breasts should be kept clean, with special care that the nipples are softened by the frequent application of glycerine and methylated spirits, and should be wiped after each nursing with a boric acid solution.

"California" Syrup of Figs (Califig) being a gentle and safe laxative should be given whenever the bowels need attention.

THE CHILD.

A healthy child as soon as born naturally cries—this promotes breathing, and enables air to enter freely into the lungs. Scrupulous cleanliness is absolutely vital to the child's well being. Immediately after birth the baby needs very careful handling, and during its first bath (temperature about 90° F.) the body should be gently rubbed over with a very soft flannel or sponge.

Especial care should be devoted to baby's mouth and eyes, which should be carefully cleansed with warm boracic water. After Baby's bath, dry the cord thoroughly, and wrap it in a few layers of gauze, then fold over to the abdomen, and secure in position by the binder. Take care to disturb as little as possible.

Mother's first milk is intended, by nature, to act as a natural laxative, but should this fail, a small dose of "California" Syrup of Figs (Califig) according to directions may be administered. Baby's clothing should be light and warm, giving plenty of freedom. The only tight clothing required is the binder, which is intended not only to give support to the body but to protect the navel. It should never be so tight that development of growth is prevented, or to press too tightly on the stomach. Baby's body, after a bath, should be dried thoroughly, and a liberal supply of talcum powder well dusted in the crevices of the skin. All clothing must be thoroughly aired.

Baby should be handled with care, the back and head well supported. He should never be allowed to sit up until after some months, when the spine is strong enough to give natural support. Baby should have plenty of fresh air, winter or summer, but should be warm and kept free from draughts. A baby cannot have too much sleep, especially when quite young, and while sleeping should be kept free from disturbing noises.

If at all possible natural feeding should be adopted. If artificial feeding is resorted to, the feeds should be given regularly, and great care exercised to obtain a food which is most suitable. The safest test to ascertain Baby's proper development is weight. Baby should show a continuous but steady increase in weight.

Many nurses adopt the excellent practice of giving their little charges a teaspoonful or two of "CALIFORNIA" SYRUP OF FIGS (CALIFIG) at regular intervals of every week or two. In this way the stomach and intestines are cleansed of sources of infection, undigested food, etc. Frequent attacks of sickness and biliousness are thereby avoided.

TEETHING.

Teething is usually a worrying time, but great care should be taken that baby's bowels be kept regular (where necessary). A mild and harmless aperient, such as California Syrup of Figs should be given—in fact, it is well to be given at frequent intervals. California Syrup of Figs is readily taken by infants owing to its palatable flavour, and there is no danger of its griping.

First, Temporary, or Milk Teeth.

1st group	6th to 8th month.	Two Bottom Central Incisors.
2nd Group	8th to 10th month.	The four Upper Incisors.
3rd group	12th to 14th month.	The Bottom Lateral Incisors and Upper and Bottom Front Molars.
4th group	18th to 20th month	Canines or Eye Teeth.
5th group	24th to 30th month.	Back Molars.

Permanent Teeth.

6th to 7th year.	Four First Molars and two Lower Central Incisors.
7th to 8th year.	Two Upper Central Incisors.
7th to 9th year	Four Lateral Incisors.
10th to 11th year	Four First Bicuspids.
10th to 12th year.	Four Second Bicuspids.
11th to 13th year.	Four Eye Teeth.
12th to 14th year.	Four Second Molars.
18th to 25th year.	Four Third Molars or Wisdom.

WEIGHT CHARTS (*Averages*)

INFANTS

AGE.					WEIGHT.	HEIGHT.
Birth	...	...	...	...	7 lbs.	19 inches.
End of 1st month	...	...	...	...	8 "	20 "
" 2nd "	...	...	...	...	9½ "	20 "
" 3rd "	...	...	...	...	11 "	23 "
" 4th "	...	...	...	...	12½ "	23 "
" 5th "	...	...	...	...	14 "	23 "
" 6th "	...	...	...	...	15½ "	26 "
" 7th "	...	...	...	...	16¾ "	26 "
" 8th "	...	...	...	...	18 "	28 "
" 9th "	...	...	...	...	19 "	28 "
" 10th "	...	...	...	...	20 "	30 "
" 11th "	...	...	...	...	21 "	30 "
" 12th "	...	...	...	...	22 "	31 "

WEIGHT CHARTS (Averages)—contd. BOYS and GIRLS

AGE.	5 yrs.		6 yrs.		7 yrs.		8 yrs.		9 yrs.		10 yrs.		11 yrs.		12 yrs.		13 yrs.		14 yrs.	
	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.
Height in inches ...	42	41	42	43	46	46	48	47	50	49	51	51	53	53	55	56	57	58	59	60
Weight in pounds ...	41	39	45	43	49	47	54	52	59	57	65	62	70	68	76	78	84	88	94	98

MEN

AGE.	5 ft.		5 ft. 1 in.		5 ft. 2 in.		5 ft. 3 in.		5 ft. 4 in.		5 ft. 5 in.		5 ft. 6 in.		5 ft. 7 in.		5 ft. 8 in.		5 ft. 9 in.		5 ft. 10 in.		5 ft. 11 in.		6 ft.		6 ft. 1 in.		6 ft. 2 in.		6 ft. 3 in.		6 ft. 4 in.	
	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.
15	107	109	112	115	118	122	126	130	134	138	142	147	152	156	161	166	171	176	181	186	191	196	201	206	211	216	221	226	231	236	241	246	251	256
20	117	119	122	125	128	132	136	140	144	148	152	156	160	164	168	172	176	180	184	188	192	196	200	204	208	212	216	220	224	228	232	236	240	244
25	122	124	126	129	133	137	141	145	149	153	157	161	165	169	173	177	181	185	189	193	197	201	205	209	213	217	221	225	229	233	237	241	245	249
30	126	128	130	133	136	140	144	148	152	156	160	164	168	172	176	180	184	188	192	196	200	204	208	212	216	220	224	228	232	236	240	244	248	252
35	128	130	132	135	138	142	146	150	154	158	162	166	170	174	178	182	186	190	194	198	202	206	210	214	218	222	226	230	234	238	242	246	250	254
40	131	133	135	138	141	145	149	153	157	161	165	169	173	177	181	185	189	193	197	201	205	209	213	217	221	225	229	233	237	241	245	249	253	257
45	133	135	137	140	143	147	151	155	159	163	167	171	175	179	183	187	191	195	199	203	207	211	215	219	223	227	231	235	239	243	247	251	255	259
50	134	136	138	141	144	148	152	156	160	164	168	172	176	180	184	188	192	196	200	204	208	212	216	220	224	228	232	236	240	244	248	252	256	260
55	135	137	139	142	145	149	153	157	161	165	169	173	177	181	185	189	193	197	201	205	209	213	217	221	225	229	233	237	241	245	249	253	257	261

WOMEN

AGE.	4 ft. 8 in.		4 ft. 9 in.		4 ft. 10 in.		4 ft. 11 in.		5 ft.		5 ft. 1 in.		5 ft. 2 in.		5 ft. 3 in.		5 ft. 4 in.		5 ft. 5 in.		5 ft. 6 in.		5 ft. 7 in.		5 ft. 8 in.		5 ft. 9 in.		5 ft. 10 in.		5 ft. 11 in.		6 ft.	
	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.	B.	G.
15	101	103	105	106	107	109	112	115	118	120	122	124	127	130	133	136	139	142	145	148	151	154	157	160	163	166	169	172	175	178	181	184	187	190
20	106	108	110	112	114	116	119	122	125	128	131	134	137	140	143	146	149	152	155	158	161	164	167	170	173	176	179	182	185	188	191	194	197	200
25	109	111	113	115	117	119	121	124	127	130	133	136	139	142	145	148	151	154	157	160	163	166	169	172	175	178	181	184	187	190	193	196	199	202
30	112	114	116	118	120	122	124	127	130	133	136	139	142	145	148	151	154	157	160	163	166	169	172	175	178	181	184	187	190	193	196	199	202	205
35	115	117	119	121	123	125	127	130	133	136	139	142	145	148	151	154	157	160	163	166	169	172	175	178	181	184	187	190	193	196	199	202	205	208
40	119	121	123	125	127	129	132	135	138	141	144	147	150	153	156	159	162	165	168	171	174	177	180	183	186	189	192	195	198	201	204	207	210	213
45	122	124	126	128	130	132	135	138	141	144	147	150	153	156	159	162	165	168	171	174	177	180	183	186	189	192	195	198	201	204	207	210	213	216
50	125	127	129	131	133	135	138	141	144	147	150	153	156	159	162	165	168	171	174	177	180	183	186	189	192	195	198	201	204	207	210	213	216	219
55	125	127	129	131	133	135	138	141	144	147	150	153	156	159	162	165	168	171	174	177	180	183	186	189	192	195	198	201	204	207	210	213	216	219

NOTES ON FIRST AID

ACCIDENTS.

Except for obvious slight injuries, it is always advisable to lose no time in sending for a Doctor. In the meantime, the Nurse can make much useful preparation.

BLEEDING.

Arterial Bleeding is recognised by the bright red colour of the blood issuing in spurts. Send at once for a Surgeon. In the meantime lay the patient flat, raise the affected part, apply immediate pressure on the bleeding artery between the wound and the heart, for preference using a tourniquet. A tourniquet may be improvised by using a stout bandage or handkerchief, looped so that a stick may be inserted at each end, and used to twist the bandage up tightly. A thick wad of cotton should preferably be applied immediately on the affected artery.

Venous Bleeding. Blood flows continuously and is a dark red colour. Do as above but apply a dressing (Gauze Pad) bound tightly round the wound, applying pressure by hand below the wound, i.e. the wound lies between the hand and the heart.

Capillary Bleeding. Blood slowly oozes out. Do as above, and apply a bandage direct.

Nose Bleeding. Sit the patient in the fresh air, with head thrown slightly back, mouth open, and hands raised above head. Loosen clothing and apply cold application over nose and back of neck, keeping the feet as warm as possible.

BURNS AND SCALDS.

In severe burns summon a Doctor, as patient is liable to shock, Without injuring the skin, remove any necessary clothing, by means of moisture or oil. Do not expose the wound to the air any more than absolutely necessary. Apply a dressing of lint steeped in Bicarbonate of Soda solution or Carron Oil, covering the whole with oiled silk. Acid burns need special treatment, but generally speaking, it is safe to flood the wound with water, and then apply an alkali such as Bicarbonate of Soda.

BITES.

Frost-bite. Do not apply direct heat, or bring into a warm room, but rub the frozen parts with ice or snow, till circulation recovers. Warm tea or coffee may be given as a stimulant.

Dog Bites, etc. Summon a Surgeon. In the meantime thoroughly clean the wound with a strong antiseptic solution.

DRESSINGS.

Surgical Dressings should be and are usually supplied sterilised. Care should be taken when applying that they are handled as little as possible, and then only after the hands have been thoroughly washed in an antiseptic.

Dressings should be removed carefully after soaking with a warm antiseptic solution. Never leave a wound exposed to the air any more than necessary.

FRACTURES, etc.

Do not attempt to set a fracture, but summon a Surgeon and, if possible, prevent the patient being moved. Iodised Gauze should be used as a dressing. If a Surgeon cannot be found apply splints to keep the joints immediately above and below the fracture at rest. Prevent circulation in the injured limb by binding tightly with a soft bandage. Where proper splints are not available, use any firm, flat and wide object long enough to extend above and below the affected limb, and cover with some soft material. The splints are fixed either side of the limb, adjusting the fastening well away from the wound, with the knot on the outside and against the splint.

FAINTING.

Do not confuse with shock. Fainting is temporary, and only dangerous where there is a weak or diseased heart. Lay the patient flat with head down. Allow plenty of fresh air. Loosen clothes, sprinkle water on the face or apply smelling salts or sal volatile. (It may be necessary to resort to artificial respiration.) Administer a stimulant, and allow the patient to rest after recovery. An ordinary feeling of faintness may usually be overcome by merely smelling sal volatile.

FITS.

Employ the same methods as for fainting, but summon a Doctor

FOREIGN BODIES IN THE EYE.

Do not rub the eye. Raise the upper lid and remove the obstruction by means of a strip of blotting paper or wad of cotton wool or camel hair brush which has been dipped in castor oil. Avoid using metallic instruments or dirty applications. If the obstruction is unusual, hand over to a Surgeon at once.

FOREIGN BODIES IN THROAT.

Summon a Doctor. In the meantime try and promote artificial vomiting, by pushing the forefinger at the back of the throat, or get patient with head down, or preferably, held upside down and slap the back hard.

HÆMORRHAGE.

See bleeding, page 10.

POISONING.

See page 16.

SUFFOCATION.

This is due to a lack of oxygen, either through inhalation of poisonous gases or smothering. Send for a Doctor. In the meantime remove the patient immediately to fresh air, loosen all clothing and promote artificial respiration.

SPRAINS.

Summon a Doctor, as twisting of the ligaments has occurred, and may prove serious. Apply cold applications, but failing relief use hot fomentations, or pressure if there is evidence of swelling, and bathe well. Keep the injured part elevated, and bandage.

SUNSTROKE.

Remove the patient to a shady place, loosen clothing, and apply cold water to head and face.

STINGS OF INSECTS.

Stings should immediately be treated by applying a drop of sal volatile, and afterwards covered with cotton wool soaked in witch hazel.

INFECTIOUS DISEASES

NOTIFICATION.

Diseases notifiable to the Medical Officer of Health include :—
Cerebro-Spinal Meningitis, Cholera, Continued Fever, Diphtheria, Dysentery, Encephalitis Lethargica, Enteric Fever, Erysipelas, Malaria (Measles and German Measles in certain districts), Membranous Croup, Ophthalmia Neonatorum, Plague, Pneumonia, Acute Primary or Influenzal, Poliomyelitis, Puerperal Fever, Relapsing Fever, Scarlet Fever, Small-pox, Trench Fever, Tuberculosis (if not previously notified), Typhus Fever. Other infectious diseases (such as Chicken-pox) may be made notifiable for a period by order of the Local Authority.

THE IDEAL LAXATIVE FOR ALL AGES"

INFECTIOUS DISEASES

	Incubation Period	Date of definite illness when the eruption—		Quarantine required after Latest exposure to infection	Infection ceases
		Appears	Begins to fade		
Chicken Pox	10-16 days	1st day and three following days	About 4th	20 days	When every scab has fallen off.
Diphtheria	2-10 days			12 days	In 4 weeks, if no discharges, or albumin, and if bacteriological examination of nose and throat be negative.
German Measles	7-18 days or even longer.	2nd-4th	4th-7th	20 days	In not less than 10 days from appearance of rash.
Influenza	1-2 days				..
Measles	10-14 days	4th day. Highly infectious for 2 days before rash appears	5th-7th	16 days	In not less than 2 weeks from appearance of rash.
Mumps	10-22 days			24 days	In not less than 3 weeks and only when 1 week has elapsed since subsidence of all swelling.
Ringworm					When examination reveals no broken off diseased hairs.
Scarlet Fever	1-8 days usually 3-5	2nd	5th	10 days	When desquamation sore throat and albuminuria disappear, but never in less than 6 weeks.
Smallpox	12-14 days	3rd or 4th	9th or 10th	16 days	When every scab has disappeared.
Typhoid Fever	7-21 days usually 10-14	8th-9th	21st	23 days	..
Typhus	5-14, very variable	5th	14th	14 days	After 4 weeks.
Whooping Cough	7-14 days	The whooping may not appear for 3 weeks, although infectious before then		21 days	In 5 weeks from commencement provided all spasmodic cough and whooping have ceased for at least 2 weeks.

NURSING INFECTIOUS CASES

The patient's room should preferably be at the top of the house, and facing south. It should be as free from upholstered furniture as possible, and only those articles used which can be easily and thoroughly cleaned. There should be no curtains or carpets. The bed should be free from laces and valances, and well admitted to light and air. There should be free ventilation, aided by a fire which should be kept burning winter or summer (if necessary), to keep the temperature of the room at an average of 60° F. or higher, where necessary. No food or drinks should be allowed to remain in the room when not required. The floors and furniture should be kept wiped over with a damp cloth, soaked in a disinfectant.

The patient's temperature should be taken regularly and carefully charted, and motions, diet, sleep, etc., also noted. The mouth, teeth and head must be kept scrupulously clean. Liberal supplies of water or milk may be given, but only after having been boiled. Keep the patient as quiet and undisturbed as possible, with the eyes shaded from direct light. It is very important that the bowels be kept freely open. "California" Syrup of Figs (Califig) will be found particularly suitable. Its own natural flavour makes it readily palatable. Its action is mild but efficient. It can be employed with no fear of griping and with perfect safety.

Not only must the room, but clothes and all utensils be kept scrupulously clean. No one except the attendant nurse and doctor should be allowed to enter. After every attention on the patient, the nurse's hands should be rinsed in a disinfectant.

She should keep herself physically fit, and gargle the throat often. When the room is no longer required, it should be thoroughly disinfected, and all furniture, etc., thoroughly washed and scrubbed. Disused clothing, books, papers and other such articles must be burned.

FOODS

Foods are classified as Proteids, Carbohydrates and Fats. A healthy diet should thus possess the following characteristics:—

A correct proportion of Proteids, Carbohydrates, Fats, Salts and Water.

It must be digestible, and adapted to the age and conditions under which the individual lives.

Generally speaking—**Proteids** provide for the repairing of waste tissue. **Carbohydrates** supply energy. **Fats** supply heat.

Persons doing hard heavy work therefore require foods primarily rich in Proteins, those engaged in a good deal of exercise Carbohydrates, and those living in cold climates plenty of Fats.

CLASSIFICATION OF FOODS.

Rich in Proteins

Beef.
Mutton.
Pork.
Veal.
Poultry.
Game.
Fish.
Eggs.
Milk.
Cheese.

Rich in Fats

Bacon.
Butter.
Cheese.
Cream.
Chocolate.
Lard.
Dripping.
Nuts.
Margarine.
Olives.
Olive Oil.
Salt Pork.

Rich in Carbohydrates

Fruits
Sugar.
Honey.
Molasses.
Vegetables.
Including
especially—
Peas.
Beans.
Potatoes.
Lentils.
Parsnips.

DIETARY. (Not intended to be a complete list).

Liquid Diet. Tea, Coffee, Milk, Toast-Water, Lemonade; Beef, Mutton or Chicken Broths; Fruit Jellies.

Soft Diet. Cereals, Soups, Gruels, Rice, Milk Toast, Custards, Junkets, Blanc Mange, Soft Cooked Eggs.

Light Diets. Fish, Sweetbreads, Bacon, Chicken, Cauliflower, Lettuce, Potatoes, Light Stews, Ripe Soft Fruits, Custard Puddings.

House Diet. Stews, Soups, Steaks, Lamb, Fish, Peas, Celery, Carrots, Beans Beet, Brussels Sprouts, Parsnips, Tomatoes, Ripe Fruits, Light Puddings.

USEFUL TABLES and SYMBOLS

- 1 drop = 1 minim.
- 1 teaspoonful = 1 drachm.
- 2 teaspoonfuls = 2 drachms or 1 dessertspoonful.
- 4 teaspoonfuls = $\frac{1}{2}$ ounce or 1 tablespoonful.
- 2 tablespoonfuls = 1 ounce.
- 20 grains = 1 scruple.
- 3 scruples = 1 drachm.
- 8 drachms = 1 ounce.
- 12 ounces = 1 pound.
- One grain is represented by gr. j
- One scruple is represented by scr. or $\mathfrak{g}$ j
- Half-a-drachm is represented by $\mathfrak{z}$ ss.
- One drachm is represented by dr. or $\mathfrak{z}$ j
- Half-an-ounce is represented by $\mathfrak{z}$ ss.
- One ounce is represented by oz. or $\mathfrak{z}$ j
- One pound is represented by lb.j
- 1 minim m j = 1 drop.
- 1 drachm (fluid) fl $\mathfrak{z}$ j = 60 minims.
- 1 ounce (fluid) fl $\mathfrak{z}$ j = 8 drachms.
- 1 pint (fluid) fl Oj = 20 ounces.
- 1 gallon (fluid) fl Cj = 8 pints.
- 1 Teaspoonful = 1 fl drachm or fl $\mathfrak{z}$ j
- 1 Dessertspoonful = 2 fl drachms or fl $\mathfrak{z}$ ij
- 1 Tablespoonful = $\frac{1}{2}$ fl ounce or fl $\mathfrak{z}$ ss.
- 1 Wineglassful = 2 fl ounces or fl $\mathfrak{z}$ ij
- 1 Teacupful = 4 fl ounces or fl $\mathfrak{z}$ iv.

POISONINGS—SYMPTOMS and ANTIDOTES

(In all cases summon a Physician).

NATURE OF POISON.	SYMPTOMS.	ANTIDOTES AND TREATMENT.
ACIDS.		
Acetic, Hydrochloric, Nitric, Oxalic, Sulphuric, Muriatic	Inflammation and swelling of throat, mouth and lips. Symptoms of shock. Coloration of lips and mouth when taken in strong forms.	Give solutions of an alkali— magnesia, lime water, bicarbon- ate of soda, chalk or egg and milk. Follow by a good purgative.
Carbolic or Creosote	Characteristic odour, burning made contact.	Sweet oil, large quantities of raw white of eggs. Follow by emetic. Give stimulants and warmth to extremities. Follow by a strong purgative.
Prussic	—	Summon a Physician immediately Mustard emetic—hot and cold douches, stimulants, artificial respiration.
Oxalic	—	Same as Acetic, etc., except that chalk or lime water only used as alkali.

POISONINGS—SYMPTOMS and ANTIDOTES—continued

NATURE OF POISON.	SYMPTOMS.	ANTIDOTES AND TREATMENT.
ALKALIES.		
Caustic Potash, Caustic Soda, Ammonia	Inflammation and swelling of lips and mouth.	Give dilute acids, preferably vinegar, citric, tartaric, lemon juice and free doses of sweet oil.
Aconite	Numbness of extremities, slow and weak pulse, tingling of mouth and throat.	Emetics and stimulant. Mustard plasters over the heart. Artificial respiration.
Alcohol	—	Emetics, strong coffee, warmth to extremities, cold douche to head, keep patient aroused.
Arsenic	Burning pain in pit of stomach, faintness, vomiting, purging.	Give emetics promptly, also magnesia, sweet oil, dialyzed iron, or whites of eggs beaten in milk.
Belladonna (Deadly Nightshade)	Dilated pupils, headache, dryness of mucous membranes, flushed face and delirium.	Emetics and stimulants. Apply warmth to extremities. Artificial respiration if necessary.
Camphor	Characteristic odour, flesh cold and clammy.	Emetics, stimulants, douches, and warmth to extremities.
Carbonic Acid Gas, Coal Gas	Weak pulse, heavy breathing, unconsciousness	Fresh air, artificial respiration, stimulants.
Chloral	ditto.	Emetics, stimulants, keep patient aroused, artificial respiration.

POISONINGS—SYMPTOMS and ANTIDOTES—continued

NATURE OF POISON.	SYMPTOMS.	ANTIDOTES AND TREATMENT.
Corrosive Sublimate ..	Vomiting. Pain in abdomen, metallic taste in mouth.	Emetic, flour and water, arrow-root or gruel.
Digitalis (Foxglove) ..	Purging and vomiting. Pain in abdomen, dilated pupils, cold and clammy skin, feeble pulse, delirium	Emetics, stimulants, strong tea. Keep in recumbent position.
Lead	Paralysis, giddiness, convulsions and stupor.	Promote vomiting, administer dilute sulphuric acid and large doses of a strong aperient. Stimulating drinks.
Nux Vomica ..	Twitching of muscles, severe convulsions.	Emetics, animal charcoal and strong tea.
Opium	Mental excitement followed by depression, headache, sleepiness, stupor, contracted pupils.	Mustard emetics. Cold douche to head. Strong coffee. Keep patient awake. Artificial respiration.
Phosphorus ..	Vomiting and purging of luminous matter with garlic odour. Pain in abdomen.	Emetics. Magnesia and white of eggs. Avoid giving oils or fats. Give good purgative.
Vitriol (blue) ..	Vomiting and purging, griping, thirst and weakness, rapid pulse.	Warm water and emetic, milk and white of eggs.
Zinc	Pain and vomiting, depression.	Bicarbonate of soda solution. Milk and white of eggs. Strong tea.

TEMPERATURE TAKING

The Fahrenheit Scale is that usually employed in this country for taking body temperatures. A Clinical Thermometer is used and is so constructed to give greater accuracy over those limits usually required. Other Scales of Temperature are however used, and comparisons shown in the following Table.

Fahrenheit	Centigrade	Reaumur	Fahrenheit	Centigrade	Reaumur
212*	100	80	104	40	32
203	95	76	98†	37	29
194	90	72	95	35	28
185	85	68	86	30	24
176	80	64	77	25	20
167	75	60	76	24	19
158	70	56	68	20	16
149	65	52	59	15	12
140	60	48	55	13	10
131	55	44	50	10	8
122	50	40	41	5	4
113	45	36	32‡	0	0
112	45	36			

* Boiling Point. † Blood Heat. ‡ Freezing Point.

To convert from one scale to another use the following simple Equation :—

$$\frac{F.-32}{9} = \frac{C.}{5} = \frac{R.}{4}$$

TEMPERATURE OF VARIOUS BATHS.

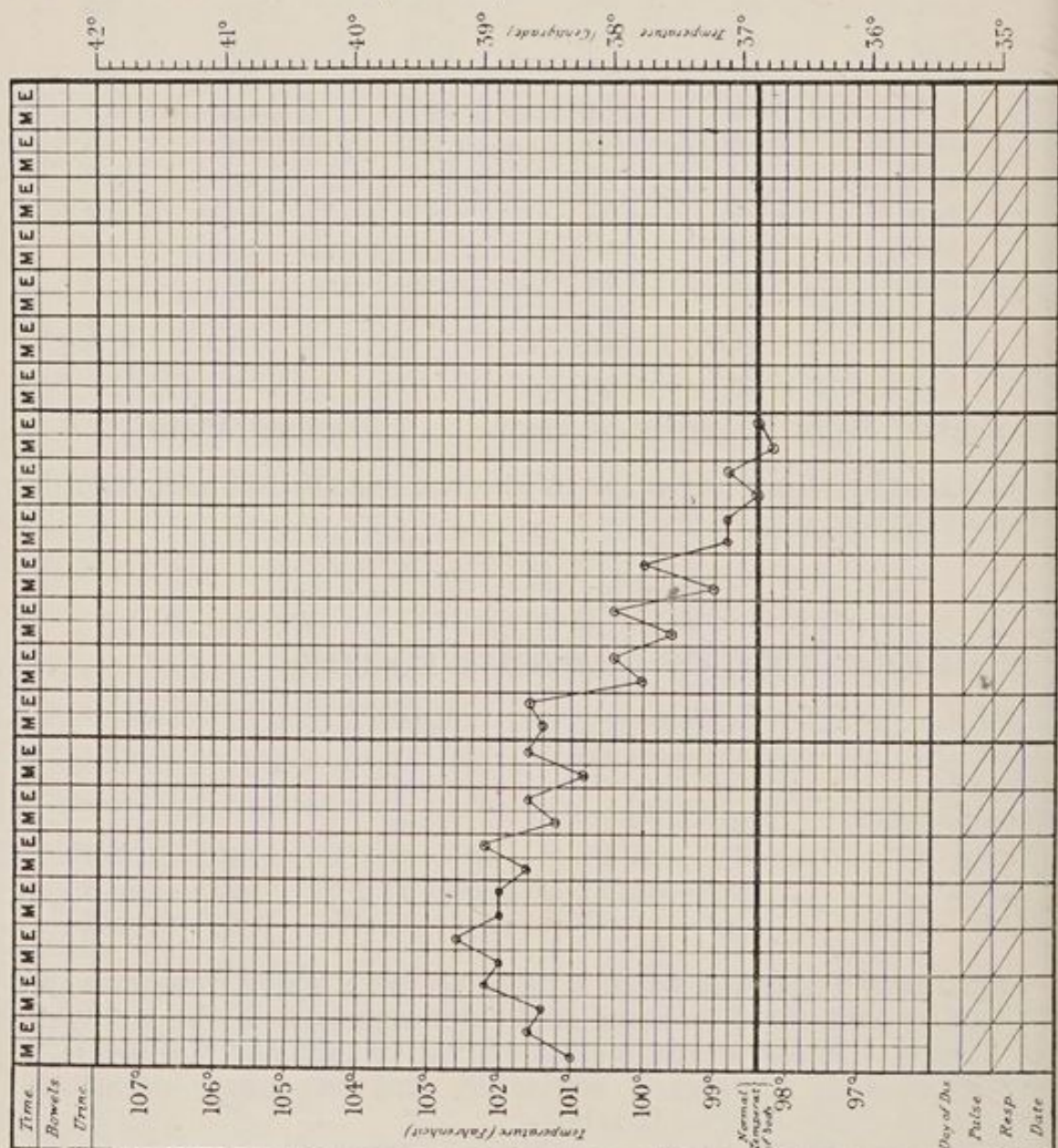
Baths	Water	Vapour	Air
Cold ..	33°—65°F.	—	—
Cool ..	65°—75°F.	—	—
Temperate ..	75°—85°F.	—	—
Tepid ..	85°—92°F.	90°—100°F.	96°—106°F.
Warm ..	92°—99°F.	100°—115°F.	106°—120°F.
Hot ..	99°—112°F.	115°—140°F.	123°—170°F.

On many occasions when a child shows a slight temperature it can be attributed to some slight derangement of the stomach or bowels. In any event, a simple laxative such as "California" Syrup of Figs (Califig) is advisable, and on many occasions wards off more serious trouble.

The normal Blood temperature is 98.4° F. A subnormal temperature may indicate prostration or a sluggish vitality, but if continued may point to presence of some infective disease. An intermittent temperature generally indicates progress of fever. A sudden fall in temperature probably indicates hæmorrhage of the bowels. A sudden rise often accompanied by rigor usually indicates the onset of an infectious fever

A patient's temperature is usually higher in the evening. Temperatures should be charted and taken at regular times, morning and night, before a meal. Before taking a temperature the clinical thermometer should be carefully shaken so that the mercury column is well below the arrow washed in cold water, and dried with clean cotton wool. It should then be employed either under the tongue or the armpit. Read the thermometer temperature by holding the thermometer in a horizontal position. After use the thermometer should be rinsed in cold water, then placed in a vessel, the bulb resting on a pad of cotton wool, in a Carbolic Acid solution (1 in 20).

SPECIMEN CHART



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