

of preventing the patient from falling out of bed, or tossing continually to and fro.

*Position in Bed.*—It is not necessary, however, for her to remain persistently on her back for a week. On the contrary, she may be carefully turned from one side to the other after the effect of the anesthetic has passed off, in most cases, if the change makes her more comfortable. It is best to avoid frequent turning, especially of nervous patients, who will not be comfortable long in any one position. If the patient becomes very weary after four or five days, she may even be picked up by four assistants catching the corners of the sheet and lifted on to a cot, while her own bed is aired, changed and shaken up.

*Bandage.*—After the first dressings are removed, a small piece of gauze must be strapped over the incision, and renewed daily for a few weeks. The value of abdominal bandages to prevent hernia has been greatly overestimated. They may be useful in fat women, or where the abdominal wall is exceedingly lax, and the muscles atrophic. In all cases they can be dispensed with, unless the patient feels more comfortable with one on. Where they are necessary, they should be worn from six months to a year.

*Toilet.*—As soon as consciousness returns, the hands and face are bathed in cool water, and the mouth cleansed with a gauze sponge dipped in ice-water. If there is a tendency to choke with mucus, the fauces must be wiped out with a clean napkin away back in the throat. After the patient is able, a gargle of hot water relieves the thirst, and the unpleasant taste of ether in the mouth. The head must be kept low, without a pillow at first, to assist breathing and to lessen the nausea. A hair pillow under the flexed knees gives a more comfortable position.

*Bathing.*—The morning after the operation the patient may be given an alcohol bath, one part alcohol and three parts water, at a temperature of 120 degrees F. Beginning at the face and arms, carefully placing towels under the parts, so as not to wet the bed, and exposing small portions at a time, the whole body may be washed with a soft gauze cloth.

The alcohol bath should be given during the first forty-eight hours, after which the regular daily bath of warm water and soap may be resumed. The back should be rubbed with alcohol night and morning to prevent bedsores over bony prominences. The abdominal bandage must not be removed until the surgeon orders it done, after which a fresh bandage should be put on every day, or, better still, night and morning. The night-dresses should be made to open in the back, to be worn like a pinafore, and a clean one, morning and evening, adds greatly to the patient's comfort. The hair should be kept neatly braided in two braids, and the