

M A S S A G E

Abbott well expressed the matter in his address to teachers, should be taught to school children and insisted on in practice. The facts we have recorded might well form the text for a school hymn, especially when any epidemic was in the neighborhood."—British Medical Journal.

STERILIZATION OF THE HANDS WITH SYNOL.

The hands are first immersed in water as warm as can be comfortably borne to wet them thoroughly, rubbing them together to accomplish this more thoroughly. Then a quantity of the Synol is poured into the palm of one hand and it is rubbed thoroughly into the whole surface by briskly rubbing one hand with the other. Then it is rinsed off under a stream of water from the basin faucet, or by dipping them into a basin of warm water. A quantity of the Synol is then poured on a stiff nail brush previously sterilized and every part of the hands, the fingers, about the nails and under the nails particularly, is scrubbed vigorously for two minutes (actual time).

The lather is now rinsed off and the nails, which should be kept short, are carefully cleaned with a dull nail blade or a flat pointed stick. Then taking a fresh supply of the Synol on the nail brush, the hands, fingers and nails are again scrubbed vigorously for three minutes more, after which the soap is rinsed off with sterile water as warm as can be comfortably borne. If this is done thoroughly, the hands will be sterile.

Afterwards the hands may, if desired, be rinsed off with warm sterile normal salt solution. But this need not be considered absolutely necessary.

When the forearms are to be sterilized with the hands, another five minutes must be consumed for this. The surface of the forearm, including the elbow and a little way above it, is first thoroughly wet with warm water. Then the pure Synol is rubbed into the whole surface with the hand, then with a coarse cloth upon which some of the Synol is poured. This should consume two or three minutes, then the soap is rinsed off under a stream of hot water. After this the surface should be scrubbed with nail brush and Synol for two minutes and the soap rinsed off with hot sterile water several times.

When the hands are dried, only a sterile towel should be used.

When running water is not used for rinsing, and this is done by dipping the hands into a basin of water, the basin should be emptied and refilled with fresh water after the preliminary washing and again after the first scrubbing. Running water is much better for rinsing.

Where running water is not available, the rinsing may be done by pouring the water over the hands from a pitcher.

Fixed basins with stopper and chain should never be used, because they cannot be sterilized with any degree of certainty. When portable basins are used they should have no cracks and the inner surface must be smooth, and not rough. They should be previously sterilized by repeated boiling or by scrubbing with Synol and a sterile brush.

During an operation two basins of sterile water should be placed conveniently for the surgeon or his assistant to sterilize the hands when it becomes necessary. In one is placed a sterile nail brush and by the side of it a wide-mouth jar containing Synol. This is for scrubbing and washing the hands and the other is for rinsing afterwards. Another basin containing a two per cent. solution of Synol should be placed conveniently to be used