

SOME OBSERVATIONS ON THE NURSING OF TYPHOID FEVER.

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We are taught in our hospital training that a thorough knowledge of the nursing of typhoid fever and its accidents and complications covers almost the whole field of medical nursing. We have learned that it is primarily a disease of the intestines, accompanied by a great waste of muscular tissue and pronounced disturbance of the nervous system.

Absolute rest and cleanliness of body, an abundance of fresh air, carefully prepared diet, intelligent bathing and sponging, thoughtfulness in guarding against complications, capability and intelligence to act in an emergency, and the knowledge that the condition of the brain and nerve centres must be regarded as a part of the physical welfare of the patient are essential points in the nursing of typhoid patients.

We know that the basis of bodily cleanliness both in health and sickness, but particularly in sickness, is a thorough soap-and-water bath once in twenty-four hours. Let this, combined with an abundant supply of oxygen, be the foundation of hygienic treatment of a typhoid patient. Give the bath in the morning, when it is customary to change the bed and body clothing, thus giving the patient a fresh feeling throughout. Use good soap and plenty of water, with a little carbonate of soda, borax, or ammonia added. Go thoroughly over the whole body, paying particular attention to the groin, axilla, and feet. Soak the feet well, and rub in cocoa-butter when the skin tends to form in horny scales. Complete the bath by rubbing the patient from head to foot with equal parts of alcohol and water. Bear in mind that the cleansing of the skin induces perspiration, assists desquamation, keeps the pores open, and thus aids the absorption of oxygen as well as the escape of poisonous excretions. Let the skin, as well as the lungs, act as an oxygen medium. For this reason the clothing should be light, and a good supply of fresh air should be admitted during the day and night. Keep up the temperature of the room to 65° or 68° F., but do not exclude the external oxygen from the body by heavy clothing.

While it is usual to attend carefully to the mouth, the nose is generally neglected. Never allow the sordes to accumulate in the posterior nares. A typhoid frequently has a tendency to pick his nose; if it is kept in a proper state of cleanliness, this source of irritation is done away with. There is as much danger and discomfort in a neglected nose as in a neglected