

## RED CROSS MANUAL

pain or because of excessive nervousness. The nervous chill usually passes away quickly and is rarely serious. Always take a patient's temperature at the start and end of a chill and report to the doctor.

### TONGUE

The tongue in health is red and moist. In sickness it may be cracked and dry, or if the patient is not properly cared for, it may be covered with a white, yellow or brown coating. In many exhausting illnesses it is flabby and trembling. In scarlet fever the tongue is often bright red colour, and is then called "strawberry tongue".

### COUGH

The nurse should observe the duration and severity of cough, whether it comes in spells or is more or less continuous. The amount of sputum and its appearance should also be noted. Always report the presence of any blood in the sputum. Sputum carries the germs of several communicable diseases. In these cases special precautions must be taken as explained on page 48.

### APPETITE

Appetite or the absence of appetite should be noted as well as the amount of food actually eaten. The amount of food eaten is often less than the amount served.

### VOMITING

The amount, colour and general appearance of any vomit should be noted. If the appearance is unusual, save it for the doctor's inspection.

### BOWELS

The discharge from the bowels should always be observed. Note the number of movements during the twenty-four hours and whether the discharge is unduly hard or watery. Note the presence of milk curds, undigested food, blood or unusual colour.

### URINE

The amount of urine discharged in twenty-four hours is usually not less than two and a half pints. To measure the amount of urine, take a wide-mouthed bottle such as a