A PRACTICAL SUGGESTION FOR ORTHOPEDIC WORK

BY AMY M. HILLIARD, R.N.
Samaritan Hospital, Troy, N. Y.

VERY considerable difficulty is often experienced in obtaining suitable materials for certain orthopedic work.

After several unsuccessful attempts to locate a good balbriggan material for use as a foundation shirt under plaster casts, there came to my attention one morning an advertisement from the American Purchasing Corporation enclosing a sample of Ampco cleaning cloth. This had the desired elasticity and was inexpensive in price and has been successfully used in the Samaritan Hospital for the purpose indicated.

Where thick pads of felt are necessary to relieve pressure over certain

eminences, we have found that scrap ends of laundry mangle felt can be used. These can be obtained from any manufacturer of such felt and at a very moderate price.

The usual cotton wadding which is used for bandages under casts is very thin and too light in weight and for this reason larger amounts of it are used, which entails not only expense in supplying the material, but additional time in preparing the bandages. Through the courtesy of one of our dealers we were referred to the Union Wadding Company of Pawtucket, R. I., where we found that we could purchase wadding by the bale in almost any thickness and at a very reasonable rate.

POSITIVE HEALTH FOR NURSES¹

BY CAROLINE HEDGER, M.D.
Medical Director, Elizabeth McCormick Foundation, Chicago, Ill.

MEMBERS of my previous profession: Of course I served my time before most of you were born, but I did my turn at this kind of a job, as many of you know. You know perfectly well that it is impossible for me to discuss this scholarly paper of Dr. Lucas.² This kind of a paper does not

need any discussion from me. It is truth from the foundation up, and has to be worked out and thought out and applied. There is, however, one phase of this whole health game that I am anxious to discuss with you this afternoon, and that is the application of the idea of positive health to nurses themselves.

Dr. Lucas is right; we have powers of observation and we can tell by looking at a child or a person a good deal

¹ Read at the Tuesday afternoon session of the convention in Seattle. Received too late for publication with the convention proceedings.

² See September *Journal*, pages 1030-1043.