

Home Nursing Hints
By
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Let us next take the body temperature. Upon entering your nursing duties, you must have a clinical thermometer which is self-registering. A small arrow on the stem will show you the normal temperature which is 98.6 degrees. Before placing the thermometer in the patient's mouth shake the mercury down by grasping the stem securely by the right hand. A quick flip of the wrist and the mercury will go down to around 95 degrees. Thermometers must be sterilized so place it in a glass three quarters full of alcohol, and keep the thermometer in this solution when not in use. When ready to use, wipe it off with a pledget of cotton, place it in the patient's mouth under the tongue, and leave it there from three to five minutes. Then take it out, read it, shake it down and replace in the glass of solution.

The two ways a temperature may be taken are by mouth and rectum. A patient who is unconscious, one who has work done on his mouth, or a baby, should always have the temperature taken by a rectal thermometer. When inserting this instrument be sure to lubricate thoroughly with vaseline and allow thermometer to remain in no less than 10 minutes. As is said before the normal temperature of the body is 98.6 degrees, but if taken by rectum the normal temperature will be from one-half to one full degree higher, or 99.2 to 99.6 degrees. The rectal method is usually the more accurate.

Why Body Temperature?
Now just what does body temperature mean, and why is it important to know this? Food is taken into the body for the purpose of feeding the tissues, furnishing heat to the body and for furnishing vitality. You have all heard the word "calories" used quite commonly in the past four or five years, a calorie meaning the amount of heat necessary to raise one gram of water one degree centigrade. So the food we take not only makes us warm, but also gives us the vitality to do our work, and in disease, helps make us well.

A high temperature means that we are burning up more fuel, destroying more tissue and de-vitalizing our bodies through toxins, or the germs that are busy working to tear down healthy tissue. Years ago, when a patient had a high temperature, much anxiety was expressed, but lately doctors do not feel that way about it so much except in certain diseases, or when it is high over a prolonged period. In nursing a patient with a high temperature, remember that the heat regulating centers are disturbed and over-taxed, and conditions which would not affect the temperature normally, may cause a sudden rise, therefore, DO NOT ALLOW ANY CONDITION to enter the sick room which would cause the patient to become irritated or antagonized in any way. Our next article will deal with the pulse and its relation to the temperature and respiration.

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Western City Wants to Join Gardena Now

Hawthorne Drops Annexation Move to Get Choice But Determined Area

The latest news on the northern annexation front, salt front centering around Western City and extending to Hawthorne and Gardena, is contained in dispatches published in the Hawthorne-Lennox Advertiser and the Gardena Valley News.

announced this week that "because of an error in the description of the boundaries of the Western City district, the Hawthorne city council has abandoned annexation proceedings for that district" which were to culminate in an election October 16.

Immediately following the action of the Hawthorne council, property owners and voters of the district got busy, according to the Gardena newspaper, and as a result have filed with the newly-created Gardena city council a petition carrying more than 50 per cent of the name of the voters and demanding that Gardena annex Western City.

Election in Doubt
It is further reported from the busy annexation front that the petition is being checked by the Gardena council now with every indication pointing to an early election that will give Gardena a

choice bit of territory. According to Don Parrott, Western City resident, there were 183 names on the petition out of the 300 registered voters. Only 25 per cent of the registered strength of the community is needed to call an election.

Since a suit has been filed by the Dodge Realty Company against the Rosecrans annexation to Hawthorne, which was held September 12 and carried by a vote of 22 to 8, the status of this annexation is now left somewhat in doubt. It is reported from Hawthorne, some members of the council have indicated that they will not be favorable toward the expenditure of any money to defend a suit against the annexation. October 14 is the date set for a hearing on the case in the Superior court.

State Picnics

NEW YORK, OREGON AND WASHINGTON

Three great states will hold their picnics in Sycamore Grove Park all day, Saturday, October 11, with basket dinners at noon. Each state will have its separate section and will open county registers and headquarters and supply coffee and badges.

The New York state folk will occupy the left side of the park in the main section and Oregon and Washington the right. There will be a splendid program of music and oratory and each state will be represented.

WHITE HOUSE CONFERENCE IS BEING REPORTED TODAY

Doctor Elizabeth L. Wood, director of psychology and educational research department of the Los Angeles public schools, is giving a resume of the White House conference, at the Tenth District California Congress of Parents and Teachers today at San Pedro.

The White House conference on child health and protection was formed by President Hoover in 1929. He has given the task to eight hundred scientists, mothers, and fathers, and professional workers in the field of the child in organizing the most thorough study of children ever made. Doctor Wood was appointed chairman of the sub-committee in the study of the delinquent child in relation to his school.

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