a general anesthetic. It also lessens the danger of nerve paralysis and circulatory disturbance on the upper side that may be encountered from retracting the uppermost shoulder. It gives the anesthetist two easily accessible arms for blood pressure readings and intravenous fluids. There is an added advantage to the surgeon, that of position, in that the upper shoulder can be thrown forward or backward by merely adjusting the distance between the boards without contaminating the surgical field, since the braces are placed on the extreme ends of the boards entirely away from this field.

This inexpensive double arm board was constructed in the utility department of a general hospital. The arm boards are three quarters of an inch thick and eight inches wide. The upper board is two feet and six inches long while the bottom one is four feet long. The lower board is inserted under the mattress on the operating room table and as a rule the patient's own weight serves to keep the board in place.

Occasionally, in the case of very light patients, it is necessary to place a sand bag on the distal end of the board or to tie it down with a roller bandage.

The adjustable rods were made from two one-half inch pipes welded onto a V-shaped brace for the bottom board and two one-half inch rods welded onto a V-shaped brace for the top board. Adjustable thumb set screws were placed in both pipes for adjusting the boards.

This board is relatively light and can be taken apart when not in use, thus minimizing the storage space in the operating room. It has worked satisfactorily in routine use during the past year.

**SUMMARY**

A double adjustable arm board made from available hospital utility materials is described.

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**THE BALL POINT PEN AS A TECHNICAL AID IN NERVE BLOCK**

In May, 1943, there appeared in this column, a brief note from Dr. Jack Milowsky suggesting the use of the ordinary eyebrow pencil as a skin marker for outlining landmarks when performing nerve blocks. The advantages over other methods, as he indicated, have proved to be correct.

Recently, in keeping with our streamlined era, we have been using the ball point pen for the same purpose and have found it even more convenient than the eyebrow pencil. These newly developed writing instruments, as widely publicized, will write on or under almost anything and the skin is no exception. They are generally available at a variety of prices. The one we are now using was purchased for 98 cents.

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Bindings for Volumes 1, 2, 3, 4, 5, 6, 7 and 8 of *Anesthesiology* are available in green cloth (buckram) with gold lettering (price $2.00 per volume; 15 cents extra for name), or in yellow cloth with black lettering (price $1.50 per volume). Journals to be bound should be sent, together with the Index, to Headquarters of The American Society of Anesthesiologists, Inc., Room 1503, 745 Fifth Avenue, New York 22, N. Y.