

but the broader outlook, the fact that she was a member of a scientific profession with corporate privileges and corporate obligations had not dawned upon the good folks who laid down rules for our hospitals in the reign of Henry VIII. This is scarcely to be wondered at, for, even now this side of a nurse's life is but dimly understood, and seldom taught; and indeed, in the first chapter of the volume before us we search in vain for any pronouncement as to the professional aspect of the nurse's life, and yet until this is understood not only by nurses, but also by the public there is little hope that the high plane to which those nurses who love their profession aspire, and upon which they would fain see their beloved profession enthroned, will be attained.

The book is divided into four parts. The first is concerned with ward work, bedmaking, ventilation, natural and artificial feeding, washing, the administration of baths, packs, &c., and various nursing details. With regard to the washing of patients, we read: "Some patients, if left to themselves, would wash their faces and hands as soon as they are allowed to get out of bed. Others would go a little further, and wash to that extent, in bed daily. But very few of them rise to the nurses ideal of taking off their clothes and washing thoroughly to the waist every morning." What is the standard of the average nurse as to the washing of patients? We referred to this matter of washing in a recent issue, because we consider it a most important one. We are fain to confess that our own ideal extends below the waist for our patients with regard to the daily ablutions.

The second part of the book is devoted to surgical lectures, some of these, being concerned with the anatomy of the skeleton, the formation of joints, the symptoms of inflammation, the causation, symptoms and treatment of fractures, do not contain much with which those conversant with ordinary text books on these subjects are not acquainted. The chapter on "Surgical Asepsis" is valuable in its detailed instructions, and is quite up to date. So many advances have of recent years been made towards the perfection of aseptic attainment that many nurses who have not recently been in hospital will be glad of an opportunity of acquainting them with recent developments. The third section consists of medical lectures in which the alimentary system, and some of the diseases of the alimentary canal are described, respiration, and the diseases of the respiratory apparatus, the circulation, the symptoms of heart disease, and so forth. With regard to making the bed of an enteric fever patient, we are told, "Do not be anxious to make the bed too often. If the patient is lifted out on a stretcher or another bed once a week or so, he will do very well." What have nurses, experienced in the care of typhoid patients, to say to this? Do they as a rule lift them out of bed every week? For ourselves, we must say we condemn this practice, but it is quite possible to make a bed with the patient in it.

The appendix contains the rules issued to the nurses at Guy's Hospital who are in attendance upon infectious cases, the feeding of children, hints for ward nurses, some sick room recipes, a vocabulary of medical terms, and the terms and abbreviations used in prescriptions. Although there is not much in this book which has not been said before, we do not doubt that many probationers will find it useful to them.

Preparations, Inventions, etc.

SOMATOSE.

SOMATOSE is a yellowish, odourless and tasteless powder prepared from meat, containing the albuminous elements in a readily soluble state in the form of albumoses, 84 to 86 per cent., and only traces of peptone. It is readily dissolved in water, the solution being of a brownish-yellow colour. The manner of preparing this solution is deserving of special consideration. Into a wine glass containing a table-spoonful of water the desired quantity of Somatose is poured, and the resulting paste stirred for a few minutes until a complete solution is obtained.

There are many indications for the exhibition of Somatose proper, but the chief are those cases where there has been great loss of flesh, with extreme debility from acute diseases, such as typhoid, pneumonia, etc., where the system requires fortifying and building up, and during convalescence. It is also demanded particularly in cases of over-growth and mal-nutrition. Further, it is especially valuable in those cases where the stomach is intolerant of, and rejects all foods, and where, as the result of high fever, the body tissues are being consumed and burnt up, and exhaustion, prostration and death are imminent. Here experience has shown Somatose to be pre-eminent in its power in keeping up the flagging vitality and averting a fatal issue.

Somatose is offered to us in three forms:—(a) Somatose, pure and simple, which we have already discussed; (b) Iron Somatose; (c) Milk Somatose.

Iron Somatose is, as its name implies, an organic combination of Somatose and iron, and in respect of other preparations of this metal, it has several advantages. It does not produce any intestinal irritation, nor does it induce constipation; neither does it injure the teeth. It has, in addition to the above, another claim over other ferruginous compounds, inasmuch as it surpasses them all in its great nutritive effect. It is the typical remedy in blood dyscrasias, especially in anæmia, rachitis, and chlorosis, and probably in the stage of convalescence from acute disease it is preferable to Somatose pure and simple.

The third preparation is Lacto-Somatose, on the basis of milk casein, and it contains somewhere about 5 per cent. of tannin. It is slightly astringent, and is highly useful for tuberculous children, in infantile diarrhoea, and in chronic affections of the digestive apparatus with anorexia and flatulence, accompanied with constipation and diarrhoea, and where there is a general want of food assimilation.

This preparation has been widely used on the Continent with remarkably good results. Cronin

[previous page](#)

[next page](#)