

will do much to abolish the gastric disturbances so often complained of by those suffering from "weak hearts":—

1. There must never be less than five hours interval between each meal.

2. No solid food to be taken between meals.

3. The principal meal should be in the middle of the day.

4. All meals to be taken as dry as possible.

He allows hot drinks about an hour before a mealtime in order to wash out the stomach and prepare it for its work. The best fluids for this purpose are  $\frac{3}{4}$  v. of hot water, either plain or flavoured with a teaspoonful of Liebig's Extract, or a cup of tea. Dry toast should always be eaten instead of bread, and our list of forbidden articles must include soups, stews, pastry, pickles, cheese, fried fish, any greasy form of food and hard-boiled eggs. Mutton should be given in preference to beef.

In heart cases where there are any signs of dropsy Dr. Balfour strongly urges the adoption of as dry a diet as possible; he states that this will often cause the disappearance of oedema in a remarkable manner. The specimen diet which he gives is a very meagre one, and only to be followed for a day or two at a time:—

Breakfast:  $1\frac{1}{2}$  oz. dry toast, 4 oz. tea, including cream.

Dinner: Dry toast (unlimited), lean of two chops or its equivalent in chicken or fish, 3 oz. water,  $\frac{1}{2}$  oz. whisky.

Supper: Dry toast, 3 oz. water,  $\frac{1}{2}$  oz. brandy or whisky.

Some other forms of heart disease are treated with a purely milk diet, in much the same manner as enteric fever, the object being to promote diuresis and remove toxins from the body.

### A Loss to "Barts."

Much regret is felt at St. Bartholomew's Hospital at the resignation of Miss Courtney Smith, who has held the position of Assistant Matron for twenty-one years, and who is a general favourite with the nursing staff of the hospital both past and present. Miss Smith, whose resignation takes effect in June next, will be much missed in the hospital, and it is felt that she should not be allowed to leave it without some tangible expression of goodwill from the many friends she has made there. The form of the testimonial will depend on the amount received. Subscribers should send donations to the Treasurer, Miss Isla Stewart, Matron, St. Bartholomew's Hospital, London, E.C. It is proposed that the presentation shall take place in June at a reception to Miss Courtney Smith arranged for the purpose, when no doubt her friends and well-wishers will muster in force.

### Educational Matters.\*

By Miss LUOY WALKER,

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#### POST-GRADUATE WORK.

We hope to gain to-day some ideas which may be useful in helping us to arrive at more definite conclusions regarding:—

1. The value of post-graduate work.

2. The difficulties in the way of making it feasible.

3. The best way of obtaining it.

That it is a need we shall all probably agree. Nursing is a very young profession, and has within a very short period of time grown and developed rapidly. Nurses who graduated some years ago were not offered the opportunities of the nurses of to-day. Great changes have taken place in the attitude of hospitals towards their training-schools. Arrangements have been made for better instruction and more careful supervision, and a higher order of work is expected from the students. In the early days of nursing reform physicians and surgeons did not require from nurses what to-day they expect as a matter of course. Nurses who have recently graduated are often given the preference over those whose services, by reason of their greater experience, should be of much more value, and as a result the latter fall behind in the race. This is not as it should be. We do not find it so in the medical profession. Young doctors are content after several years of study to *wait* for success, because they know that the public prefers men of experience. And yet medicine and surgery are also progressing. Why do not the older men, who have not had the opportunities of the younger, also fall behind in the race?

The answer to this question will help us to realise that post-graduate work is of the very highest value. The successful young medical student, after gaining his theoretical knowledge at a college, enters a hospital and gives his services for a term of two years or more in order to gain a practical knowledge of his work. He then opens an office, hangs out his sign, and *hopes* for patients. But does he consider his medical education now at an end and himself as merely an earner of money? Is it not his first endeavour to get permission to work in one or more dispensaries? Does he not *give* his services gladly, in order to keep in touch with the work being done in the great city hospitals? He is glad to work under men of larger experience; he studies, reads the medical journals, mixes with members of his own profession, and just as soon as he is permitted to do so becomes a member of the

\* Read before the Philadelphia County Graduate Nurses' Association.

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