

places prescribed for Regents' examinations in the other professions—viz, at New York, Albany, Syracuse, and Buffalo, June 21st, 1904, January 24th, 1905, June 20th, 1905.

"As students in training-schools prior to April 27th, 1903, are exempt from the full examination, it does not become necessary to prescribe the conditions for certificate with full examination for some time to come. The requirements for such certificates, therefore, will be announced later."

In reference to the discussion of State Registration at the annual meeting of the R.B.N.A., Miss L. L. Dock remarks in the *American Journal of Nursing*:—"We are quite sure it must have required much courage and firmness to introduce this tabooed subject, and we congratulate the nurses who did so, as, whatever may be the different views as to the desirability of State licence, there can be only one opinion as to the desirability of full, open, and untrammelled discussion in nurses' associations. Why people should be afraid of one another is one of the puzzles of this puzzling world, and the special form of subtle intimidation by which one set of people can make another set of people afraid to express their opinions is one of the queerest puzzles of all."

A Nurse to Royalty.

Miss Georgina Hallam, for many years known at St. Mary's Hospital as Sister Victoria, has retired—we regret to say—after months of ill-health, carrying with her the best of good wishes from her colleagues, with whom she was very popular.

Miss Hallam was selected to nurse the Duke of Clarence during his last illness, and her devotion was so thoroughly appreciated by the Royal Family that when the Prince of Wales was attacked with enteric fever her services were again requisitioned, and she had the satisfaction of helping to pull her illustrious patient through a dangerous crisis, and of seeing him restored to health.

The King and Queen bestowed some beautiful gifts on Sister Victoria, and in other ways did much to signify their appreciation of her skilled care of their much-beloved sons during times of suffering and sorrow.

Virtue Rewarded.

A private nurse we know undertook, some time ago, the care of a very difficult patient, but, in spite of most exacting duties, she remained faithfully at her post until the end. The family solicitor has now informed her that in return for her unselfish devotion to duty she has been left £1,000, and £300 a year for life. This is as it should be; we think it a very satisfactory arrangement that people should suffer punishments, and enjoy rewards, according to their deserts, in this world.

Practical Points.

Effects of Rest in Bed in Phthisis. The favourable effects of rest in bed on the fever of phthisical patients are explained by Dr. Pickert (*Munch. med. Woch.*) on the ground that the horizontal position assumed produces

circulatory conditions in the lung which resemble the congestion hyperæmia in bone tuberculosis. In the latter instance this phenomenon is known to have a favourable effect. If this theory is correct, the fever ought to return or be increased whenever the lungs become anæmic. Observations have shown that if patients who have been kept in bed until the fever had about disappeared were permitted to remain up for a certain length of time, the temperature would be immediately increased. The amount seemed to depend to some extent on the fact whether the feet were allowed to rest on the floor or kept in a horizontal position. In the former case the venous hyperæmia in the lower extremities undoubtedly produced a diminution in the quantity of blood in the upper parts of the body. Systematic trials showed, in fact, that the difference amounted at times to 1.5 deg. on those days when the patients had assumed the erect posture.

Ignition of Ether Vapour. Dr. D. H. Murray reports in the *New York Medical Journal* the ignition of ether during an operation when the electric light was turned on to permit

the person who was giving the ether to see the patient's eyes more clearly. Fortunately, no one was seriously burned. He advises care in using electric light, particularly in a small room where the ether vapour is dense.

Vegetarian Diet in Gynæcology.

Dr. Theilhaber attributes many of the ills that female flesh is heir to, especially in the well-to-do classes, to over-eating. He recommends a varied vegetarian diet, that is, excluding all parts of the dead animal, but allowing milk, eggs, &c., as products of the living animal. His experience includes 300 cases, but only 200 carried out his instructions for six months, at least, as directed. He has found this diet very valuable in various nervous affections, in the troubles of the menopause, in nervous insomnia, pruritus vulvæ and general pruritus, hæmorrhoids, &c., and in one case of protracted galactorrhœa, and thinks it would be advantageous in pregnancy nephritis or neuroses, but has had little opportunity to test the latter. In case of constipation or flatulence the gas-producing substances must be excluded, but a careful selection will render the vegetarian diet very useful under these circumstances. Obese patients lost flesh, but others did not, as a rule, and none exhibited any loss of strength. He refers to the endurance of the Japanese, who eat little meat, as also the Trappist monks. He thinks that time will yet show that many obstinate nervous affections may be cured by abstention from meat.

Bandaging. When bandaging a limb where there may be a possibility of swelling, it is well to remember that the reverse spiral is more elastic, and will stretch more than the simple spiral, and that the figure of eight bandage is still more elastic than the reverse spiral.

[previous page](#)

[next page](#)