

In the chapter on phthisis the authors advise a room looking on to the street or garden. Except for patients in the last stage of the disease, when nothing much matters, the former position is one to be distinctly avoided on account of dust. The nurse should be reminded of the necessity of rest in a recumbent position before and after meals for the patient, and warned to weigh him at precisely the same hour of the day in each week, or her results will be startling.

Dittweiler's flasks might be suggested for use in the daytime, and a caution given against handkerchiefs being placed in the pocket or under the pillow.

In speaking of santonin we observe no mention of the peculiar visual changes caused by the drug, which often alarm the patient.

In the section on ophthalmic nursing (one of the best in the book) there is, at present, no description of the application of heat by electricity, a method now becoming very general in ophthalmic practice.

In dealing with diseases of the nervous system, the following description of hysteria appears to us extremely apt: "Hysteria is a functional complaint, resulting from the working of a disordered brain. This state of disorder is due to the fact that the balance between the will and the emotions is the reverse of what it should be. Normally the will governs the brain, and, consequently, regulates and directs the actions; while, at the same time, it also exercises a restraining influence upon the emotions, thus preventing an immoderate display of joy, sorrow, or anger. In hysteria the emotions take the place of the will in the control of the individual, leading her to take a perverted view of life, and do things which would be impossible to one who was the mistress, instead of the slave, of her feelings. If she has any physical ailment, constant thinking about it has caused it to assume an importance which is out of all proportion to the actual condition."

The chapter on the "After-Nursing of Certain Operations" deals first of all with points common to all cases of operation, the sickness after the anæsthetic, the action of the excretory organs, the effect of nervous shock, the need of local rest, and, lastly, hæmorrhage. The nursing of operations on the head, the mouth for hare-lip, and cleft palate, after the removal of adenoids, the excision of cervical glands, operations on the breast, empyema, abdominal section, colotomy, and amputations, is also described.

The last chapter deals with "some emergencies," such as the treatment of cases of poisoning. Of these we read: "Cases of poisoning constitute medical emergencies of the most urgent description, in which, therefore, a nurse must be prepared to act at once, otherwise the poison may have done its work before treatment is commenced. She should, consequently, have at her fingers' ends the method of procedure to be adopted in the case of the more common poisons, so that she may not waste valuable time in referring to her books."

"It is clearly the duty of a nurse to do what she can to counteract the effects of any poison that may have been taken, pending the arrival of the physician, though she must leave to him the administration of powerful drugs, such as opium, atropine, or strychnine. Further, she must clearly understand the object of her treatment, and the effect it is likely to produce. With this end in view, she should make herself acquainted with the action of each of the more common poisons."

We might go on quoting at length from this book, but enough has, we hope, been said to make many of our readers procure and study it for themselves.

## International Notes.

Miss L. L. Dock, Hon. Secretary of the International Council of Nurses, writes from Holland:—

I made my first visit the other day to the Wilhelmina Hospital at Amsterdam, and, remembering that it had trees in front of it in the photograph, I looked about for trees and open space upon alighting from a car at some little distance. What at first sight seemed to be a beautiful park turned out to be the hospital grounds, in which the buildings, on the isolated pavilion plan, stand separately, but each as part of a symmetrical design.

Like the great general hospital at Eppendorf, it seemed more like a beautiful small city and less like an institution than our hospitals. The grounds are so spacious, the trees, shrubbery, and lawns so luxuriant and well planned, that the buildings only open to sight one by one as the tour of the grounds is made. The Pennsylvania Hospital in Philadelphia is more like it in this respect than any other I remember at home. Others, like the Johns Hopkins and Boston City, have fine, large grounds, but landscape gardening has not there produced this charming, park-like setting of each pavilion.

One detail which particularly struck me was the placing of the mortuary. It stood in a retired and unobtrusive position, completely sheltered with green, and the approach to it, which was winding, was hidden between two hedges of shrubbery high above a man's head. The whole impression was one of quiet reverence.

To carry the meals and supplies, a little railway runs through each road or path, on which a small hand-car with closed compartments travels.

The nurses, of course, must go through wind and weather when these are bad, but this is more than compensated for by the paths to duty between leaves and flowers and open sky through most of the year. How much more refreshing than marble corridors and tiled underground passages!

The buildings are beautiful architecturally and in colour. The characteristic Dutch lines of roof are preserved. The hospital is quite new, the cornerstone having been laid only ten years ago by the young Wilhelmina, and all its appliances, ventilation, &c., are modern.

On a distant portion of the grounds stands the remains of an ancient building, which was a plague hospital in the early part of the fifteenth century. This, to my regret, I did not see, as rain, which is too plentiful in Holland, had flooded the approach to it. The old building is now a picturesque ruin.

There are between 600 and 700 beds and every kind of service—medical, surgical, gynecological, obstetrical, mental, contagious, children's and sick infants', men's and women's wards—so that the nurses in their three years' course must certainly get an excellent training.

Oddly enough, in this hospital the maids wear caps and the nurses wear none. It would be, apparently, a loss of dignity for the nurses to wear caps. The uniform is dark blue with the white apron with shoulder-straps. The nurses who have passed their third year's examination are distinguished by a white

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