The Profession of the Sanitarian.

Some very valuable papers were read at the Public Health section at the Congresses at the St. Louis Exhibition, that presented by Dr. Ernest J. Lederle, formerly Commissioner of Health of New York City, on the present problems connected with public health, sdeserving of study. Dr. Lederle, according to a summary of his paper, stated that a new profession had been called into existence in the person of the sanitarian. Medical men had had so much to do with the preaching of sanitarian science that it had come to be looked on as their peculiar province, but the training incident to the formation of a physician did not tend to make a good administrator, and generally the accomplishment of results in sanitary science was likely to be best attained by a properly trained layman, aided by skilled medical advice upon purely medical points. The ideal Board of Health should consist of a medical man thoroughly proficient in bacteriology, a trained engineer, and a man of affairs selected especially on account of his breadth of view and his administrative capacity. The speaker strongly advocated the establishment of a national Board of Health, which would be able to settle such questions as national quarantine, and to secure the adequate training of its own sanitary officers. Sanitary inspection was left too much in the hands of men without adequate training and without sufficient theoretic knowledge. What the service needed was to attract a higher class of men into its service than many who at present took up the work; but in order to accomplish this it was necessary that a sufficiently attractive rate of pay should be offered. The establishment of a National Board of Health would quickly effect that. Its first business would be the prevention of the spread of preventable disease, though there were many other points to which its attention should be also devoted. But it must be kept clear of all party politics. Once the high sanitary officers came under the control of the politician he would eventually control the subordinates also, and then the efficiency of the service would be irretrievably hampered. Rigid inspection of the public schools was another matter that was urgently necessary, for they were the principal mediums for the spread of contagious diseases. With regard to small-pox, compulsory vaccination should be enforced in the public schools as a condition of entrance. While the bacteriologist had done more than any one else to check the spread of contagious diseases, the speaker urged that private laboratories should be put under the supervision and direct control of the Board of Health, even if the latter were not endowed with the function of the production of serums. Regarding tuberculosis, the speaker urged the foundation of sanitoriums and institutions on a large scale for the care of those afflicted with this sadly prevalent disease. Factory and child labour, water and milk supply, &c., were considered in their relation to disease, and co-operation between State and municipal authorities advocated. The wide and growing interest in public health problems was one of the greatest forces at work in this new science, of which men still in the prime of life in the United States had seen the beginnings. The bacteriologist, the sanitarian, and the engineer must work hand in hand to accomplish the solution of the important problems that faced them.

Professional Reviews.

URINE EXAMINATION MADE EASY.

We have pleasure in directing the attention of teachers of nurses, and of nurses themselves, to an excellent handbook entitled "Urine Examination made Easy," by Thomas Carruthers, M.A., M.B., Ch.B. Dr. Carruthers is on the Resident Staff of the Ruchill Hospital, Glasgow, and prepared the book (which is published by Messrs. J. and A. Churchill, 7, Great Marlborough Street, London, W.) in connection with the teaching of urine examination in that institution. As the examination of urine is a duty which nurses are frequently called upon to discharge, it is important that they should know how to perform it accurately, for without care and accuracy such an examination upon which much may depend is valueless. The book at present under consideration is the best with which we are acquainted for nurses on this subject; it is clear, concise, and written in a way which they will be able to understand.

Some of the points considered are :—

The composition of urine.

How to prepare a specimen.

How to examine a specimen.

How to become proficient in the examination.

How to ascertain if the urine is normal.

Thus, under the heading "How to prepare a specimen," it is explained that contamination must be avoided as decomposition alters the character of a specimen. This occurs more readily in dirty vessels with exposure to the air. Therefore, if a specimen is to be kept, it must be prepared for keeping. The following is the method of preparation recommended.

1. Fill urine glass to within a couple of inches of top.
2. Label it with name of patient, ward, date.
3. Notice whether specimen is clear or turbid.
4. Take the "reaction."
5. Place a plug of cotton wool in mouth of urine glass.
6. Keep specimen in a cool place.

"A specimen of urine is a fluid. It is a fluid with certain substances *dissolved* in it, sometimes *suspended*.

It is also a fluid with smell, colour, weight, and with what is called "reaction"; gives a response to heat and chemicals called "tests" and can be examined by the microscope. These are its *characters*," which are then described in detail.

Among the points insisted on in relation to ascertaining the specific gravity are the following :—

"Don't lift urinometer out of a specimen and put it straightway into another, else one will contaminate the other. Wash it.

"Don't take the specific gravity till the specimen has cooled.

"If the urinometer is touching bottom of urine glass, lay aside specimen for doctor."

In regard to testing, we are told "the application of heat and chemicals implies chemistry, and chemistry is exact and exacting, allowing of no slipshod ways, so that the directions given must be followed faithfully. If not, the tests will give wrong results, just as surely as a mistake in adding figures gives a wrong result." The application of the various tests is then lucidly described in detail.

"When calculating the quantity of urine passed in the twenty-four hours, begin counting from time

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