

treatment of the patient, and he can put things right for you or else advise you. Do not ever give your patient cause to say, "Nurse did not want the doctor to know that." And, again, nurses are trained in hospital always to have everything spick and span in readiness for the doctor's visit. Quite so; and I still like to adhere to that rule when possible. But if a doctor pays an *early* visit, he will much prefer to find his patient still sleeping (for sleep is Nature's best restorative) than to find she had been disturbed at 7 a.m., in order that her toilet could be accomplished and the room "done" because he was expected at 9 a.m. Hospital patients, as a rule, are early risers by habit, but the ones we nurse in private more often do not breakfast till 9 or 9.30, so why change their usual hour? A doctor quite understands; but if his visit is late in the day, then he might think the nurse indolent if things were not neat for him. If a nurse is a good manager, the patient's room is always in order; it is quite as easy to keep the room tidy at 4 a.m. as at 4 p.m. "A place for everything, and everything in its place." Wash your cups and glasses directly they are used. Keep the kettle boiling (if you have a fire; if not, have a spirit stove at hand) and dressings ready, then there is no delay if the doctor pays a surprise visit.

Never let your patient feel you are expecting the doctor. I know of nothing more trying to the nerves of anyone who is very ill than the feeling of expectation. A good sleep is often spoiled by it. If you can get your patient to look upon the doctor's visit in a casual way, it is a pleasure to her, and she looks forward to it; but if she gets into a state of "fuss" to be "ready" for him, and he is not punctual, then you will find that peace does not reign supreme. I do not think it is out of place to mention that temperament is the first thing to study in nursing. Working men and women are so accustomed to noise and roughing it that a hospital ward is a haven of rest to them. Therefore, during our training we do not realise the difficulty we have to contend with when nursing a highly sensitive person. I often think that one has to nurse nerves *always*, and that the particular disease is just a complication. All illnesses require "rest cure." Which of us when, out of sorts, has not been nearly distracted by well-meaning *strong* friends "cheering us up?"

It is rarely one hears nurses say they like private nursing. They are tempted to take it up because they think it is lucrative, and many who have not a home, and who also have to help to support their relations, feel it absolutely necessary to give up the comforts, regularity, interests, and sociability of hospital life to earn more money.

(To be concluded.)

Six Liverpool nurses are being sent out to the Hamidish Hospital at Constantinople at the request of the Sultan to teach English methods of nursing the injured.

Practical Points.

A Dainty Device.

The pharmacists of Germany put up prescriptions which are to be given by drops in a very trim and convenient little bottle which has a glass, tight-fitting stopper with a dropper made in it, so that all one has to do is to tilt the bottle, perhaps loosen the stopper a little to get a little air-pressure, and let the drops fall. It is a most cleanly and dainty little device.

Foreign Bodies in Appendix.

Dr. Louis J. Mitchell gives in the *Medical Record* a list of foreign substances found in the appendix in his experience. These were grape seeds in eight cases, shot in three cases, pieces of bone in two cases, a portion of a shingle-nail, a drop of solder, a fragment of nut-shell, the bone of a small fish, and particles apparently of ash or stone. In none of the cases was there any sign of inflammation in the appendix or any symptom that it had been inflamed.

The Garden Cure.

Few of us know, says *Amateur Gardening*, that a far better cure for all our health troubles than any of the patent medicines which are so constantly recommended lies at our doors in more senses than one—*i.e.*, the Garden Cure. This idea is at last breaking through the crust of centuries, and emerging to the light; so that garden cities, lady gardeners, horticulture and agriculture, and various other signs of coming sanity—amateur gardening being one of the most conspicuous—are all on the increase. All we have to do is to open our doors and live in our gardens.

Care of the Teeth.

Professor Symes Thompson, who delivered an address on the evolution and degeneration of the teeth to members of the Polytechnic Health Society last Saturday, explained that examination of the teeth of the ray had proved that teeth were not bones, but part of the skin—dermal appendages, in fact. In the matter of teeth man was more nearly related to the lemur than to the monkey. In the case of the crocodile the new teeth grew up inside the old teeth, and it was recorded by Herodotus and verified by Egyptian travellers that the crocodile is provided with an animated toothpick in the person of a small bird which fearlessly goes into the mouth of the crocodile and removes every particle of foreign matter from the reptile's mouth. On this incident he based the warning that people should be most careful not to allow foreign matter to remain in contact with the teeth for any length of time. The regular and systematic cleaning of the teeth was of the utmost importance. Many people were most particular to clean their teeth every morning, but they omitted that which was of far more importance, the cleaning of their teeth at night. If anyone would try the experiment of putting a tooth into a saucer of bread and milk it would be found at the end of a week as the bread and milk decomposed the tooth decalcified. In the days when our ancestors gnawed bones they cleaned their teeth in that way, but now that our food was cooked and soft the toothbrush was indispensable. Some people who were careful to make their children

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