

for the removal of an enormous growth. His head-dress was a magnificent native cap made from the fur of some wild animal. He was in his "red blanket," and laden with charms and magnificent beadwork. The snuff spoon in his woolly hair was quite a work of art; and his nails were some inches long; all this pointed to his rank. His beautifully shaped hands and feet were our envy. As I led him into the ward, he turned to me like a little child: "Great One, will I not lose myself in this great rabbit warren?" We reassured him. The next difficulty was the spring mattress. He sat in the centre, much as a monkey would, in a clinging, crouching attitude, with our beautiful scarlet rug around him, and bounding up and down in his terror, he screamed out: "Its alive! Its alive!"

Some of them refuse to allow a thermometer near them until another native explains to them it is no "Ntogato" (witchcraft). And in convalescent cases, where, after the temperature has been taken, and found to be up, and the diet has been altered, we have had the same difficulty renewed. "It is a witch," they say, and we have much ado to quieten their fears. Often they will not come to us until too late. Again and again have they brought us in gangrenous compound fractures. Fortunately a native has large powers of endurance, and lives through what will kill a European.

One of the most terrible cases was brought to us a few months ago: A young boy who had been robbed, half murdered and buried alive. For two days and nights had he lain in his shallow grave in a "donga." Stones had been flung on the body, but evidently he had recovered sufficient consciousness to get his head free—and there he lay, until some travellers passing by, hearing a strange noise, searched and found him. For many days he lay, making only an occasional curious sound. The face and head were terribly battered; the skull was fractured in several places; and other parts of the body were also bruised severely, from the stones flung on top of the earth thrown over him. Of course, the wounds were gangrenous. The first word the boy did say eventually was "Nuka!" (meaning "the smell"). He lives to tell the tale, and I am thankful to say, was able to confront his would-be murderer at the next circuit court.

There is much else to tell you, but I dare not attempt to take up any more of the precious leaves of our Journal. Being one of the lonely Leicester members, I appreciate its pages too much to wish to monopolise it, but I think I have said sufficient to prove that even here, at the end of everywhere, as it were, one yet finds plenty of work as well as much enjoyment in life. Long may our League flourish, and continue to carry messages to us, its distant children.

L. H.

The St. Pancras Borough Council have resolved to adopt tentatively during three months a system of voluntary notifications of birth, and to pay to the father, doctor, midwife, student, or other person attending upon the mother the sum of 1s. for notifying to the medical officer at the Town Hall, Pancras Road, the birth within 48 hours of its occurrence in the borough.

Professional Review.

A NURSE'S HANDBOOK OF MEDICINE.

A useful handbook for nurses is that by Dr. J. Norman Henry, Clinical Professor of Medicine in the Woman's Medical College of Pennsylvania and Assistant Physician at the Philadelphia Hospital. It is published by the J. B. Lippincott Company, Philadelphia and London, price 6s. In the preface the author acknowledges his indebtedness to Miss Lucy Walker, Matron and Superintendent of Nurses at the Philadelphia Hospital, for re-arrangement of much of the manuscript, as well as for many suggestions, and to Miss Martha Byerly, Assistant Matron, for the recipes contained in the chapter on diet.

The first chapter is concerned with general considerations, and a bit of advice given in its course may here be quoted, for it is not unnecessary. "The nurse should never fall into the error of undervaluing a patient's complaints. Nurses and physicians also are apt for the very reason that they see so many hysterical people, or persons who sham complaints from other motives, to become too suspicious, and thus often mislead themselves. If a patient complains of pain it is our duty, as doctors and nurses, to investigate carefully and try to find a cause for his complaint. If we do not succeed in finding any it is much wiser for us to give the patient what is called a placebo (from the Latin word which means to placate) such as a hot water bag to the spot, or some simple remedy, than harshly to contradict him or seem heartlessly to disregard his complaints."

The chapter devoted to the excretions fæces, urine, sputum, vomitus, may usefully be studied by nurses, as may also that on the temperature, pulse, and respiration. Nurses are expected to report upon the condition of a patient's pulse, and their observations, if accurate may be of much value to the physician in attendance, and yet they are systematically taught little concerning it. Observation of a pulse includes much more than the accurate record of beats per minute—volume, rhythm, irregularity, frequency, slowness and other conditions must be noted and recorded. To do this accurately much experience is needed.

The antitoxin treatment of disease is thus described: "The theory of the treatment depends on the fact that to the poisons or toxins developed by bacteria in the body there is produced an antidote or antitoxin which is the ultimate factor in overcoming an infection. That is to say, the system naturally resists bacterial toxins, and this resistance is antitoxin."

The advice given on the hygiene of the sick room will be found instructive. Disinfection is described as the destruction of the infective power of pathogenic micro-organisms and is one of the most important sides of prophylactic hygiene.

"This may be conducted on a large scale as in the cleansing of large buildings or masses of merchandise, or on a smaller scale, when it merely relates to the prophylaxis in one individual case or a small group of cases." The methods of carrying it out under varying conditions are described in detail.

On the subject of diet there are some useful notes, and the whole book is a successful attempt to meet the want of a handbook devoted specially to nursing in medical cases.

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