

Lisbon next—a most beautifully-situated city, in my humble opinion far excelling Naples. As we could not land until 8 p.m., to do justice to the place was out of the question, but we had time to see some very fine buildings, beautifully wide streets, and most up-to-date cars.

And now our journey was at an end after six weeks of unceasing variety and delightful change. We landed at Dover in a drizzling rain, and the grey gloom seemed to wrap us round and depress our high spirits. We had returned to the busy working world again, and had to take up work anew, with brave hearts to meet anything and everything that was sent us to do cheerfully and willingly.

F. H. D.

Professional Review.

THE MOTHERS' NURSERY GUIDE.

A very useful book both to nurses and mothers is "The Mother's Nursery Guide," by Dr. Setrak G. Eghian, ex-volunteer physician in the Charité Children's Hospital, Berlin, and the Polyclinic of the Lying-in Hospital at Leipsic, published by G. P. Putnam's Sons, 24, Bedford Street, W.C., price 5s. It is dedicated by the author to Professor Dr. O. Heubner, Director of the Charité Children's Hospital, Berlin, who, in a short preface, gives his reasons for writing the book. He says:—"The demand for a book which would furnish the mother concise and important instructions in the exercise of her duty as a nurse to her baby, has proven so great in my practice that I venture to undertake the task of supplying it.

"There is no place where more absurd ideas are in practice than in nurseries. Very often the heart-breaking suffering of babies, the inconsolable grief of the mother, and the incorrigible misery of later life, are to be traced to defective knowledge as to the proper care of infants. Many babies are entrusted, through lack of judgment, to the hands of persons who have no special training, and hence cannot be regarded as safe nurses. The victims of drugs ignorantly used in nurseries, are surprisingly great; and very often the physician reaches the nursery too late to save the little creatures from the grip of the fatal disease.

"The baby comes into the world completely helpless, with its fate left entirely in the hands of the person who has it in charge. To care properly for infants is a complex and difficult undertaking. The devotion and affection of a mother is not sufficient. All who have babies in their charge should be able to act in accordance with the principles which science lays down, and which are based upon a wide range of observation and research." The experience of Dr. Eghian is that of midwives and nurses also, who are keenly alive to the unnecessary suffering and misery endured by many of the infants with whom they come in contact. The cause, as a rule, is ignorance, and the remedy education, for the great majority of mothers of this country are neither unintelligent, unwilling to learn, or deliberately neglectful of their offspring; on the contrary, in their desire to do their duty by their children they have often to their injury tried, one after another, every

remedy suggested by sympathising, though too often ignorant, friends. They would be thankful for adequate instruction and knowledge. The pity of it is that neither in elementary nor higher grades schools is thorough instruction given in matters which are of supreme importance to girls when they reach adult life. For instance, before she arrives at a marriageable age surely every girl should be taught how to wash and dress a baby, and the elementary hygiene of a nursery. Yet most women become mothers in complete ignorance of these and kindred matters, and too often gain their experience dearly at the expense of their first-born. Nay, more! How many certificated nurses know how to wash and dress a baby? The answer must be "very few." Let nurses who read this consider, and ask themselves whether it is not a reproach to us as a profession, that so many of us are content to pass through life without that knowledge concerning the upbringing of infants which is so great a factor in the rearing of a healthy race, and, therefore, a power which we may possess if we will to wield in the service of the Empire. It is a reproach to us that it can be said, as was said to the writer the other day when selecting a nurse for an appointment abroad, "I think you will find that requiring maternity training of applicants will make a difficulty."

The book before us is an attempt to lessen the prevailing ignorance, and as such is to be welcomed. It is divided into two parts, "The Care of the Baby in Health, and "The Care of the Baby in Sickness." The first part includes Physiological Peculiarities in Infancy, Feeding the Infant, Artificial Feeding, and the Personal Hygiene of the Baby, and includes much useful information. The second deals with Signs of Illness in Infancy, Contagious or Infectious Diseases in Infancy and Childhood, Acute Digestive Disturbances, Disorders of the Respiratory Tract, and Emergencies.

Every experienced nurse knows that a baby has many different cries, and learns to discriminate between them. Dr. Eghian says: "Crying should be regarded as an important message with which the baby tries to impart its suffering or discomfort; it is the language which it uses to express itself. Instead of bouncing or rocking the baby, and so forth, which rather increases than removes the cause, the infant should be quietly examined, and the probable cause located. . . . An unremitting cry is usually earache, the pricking of a pin, or the like. . . In colic the infant utters piercing cries at certain intervals, ceasing absolutely between them. . . Crying just before or after a movement of the bowels, shows that there is pain in the intestines. An infant afflicted with the rickets cries every time it is picked up or handled. The rickets is accompanied in most cases by a general tenderness of the body, more especially of the bones."

The book throughout is written clearly and simply with an absence from technicalities which makes it especially suitable for the class for whom it is primarily intended. It should have a useful career, and we wish it success in its mission.

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