

"In order that the Nurse may be given a usable concept of the differences between good and poor movements as she works, Section 1 of the manual is devoted to basic principles and rules, as related to the Nurses' daily experiences, and to tests that demonstrate how to apply the principles.

"So complicated is the mechanism of human movement alone that the Nurse studies it in a number of related fields. The Orthopaedic Nurse is rightly concentrating more now than ever before on the science of bodily movement, known as Kinesiology. She must analyse complex movements with their simplest elements to determine the manner in which bones, joints and muscles are involved, the part each plays in its work, and the mechanical conditions under which its work is done."

"This study must necessarily touch on mechanical principles, and, like the mechanical engineer, she must know something of leverage, resolution and composition of forces, rotatory movements, momentum, etc., to appreciate fully the mechanics of movement.

"These are some of the principles upon which Section 1 is based. The student may use them not only for cross-reference to the two sections that follow but also as basic material for application to other fields.

"The related fields of science that give the student additional insight into the study of muscular activity are Anatomy and Physiology. So that instructor and student may relate these fields of science to body mechanics, the manual is intentionally presented in a non-technical manner, not only for the sake of simplicity but also to widen its scope of usefulness."

"Poor body mechanics can be prevented at the beginning of clinical experience by learning, through instruction and practice, the techniques and principles basic to good body mechanics. Many procedures provide an opportunity for practical application of these basic principles, e.g., taking the temperature, pulse, and respiration, giving tub and bed baths, carrying trays and basins, moving and lifting patients, giving a shampoo to a bed patient, and numerous other procedures. Even in the activities requiring a minimum of physical exertion, the mechanics of the body in relation to the position assumed is important in preventing fatigue and strain."

One of the fundamental principles of this "New Nursing Arts Culture"—that the patient must be given first consideration, is accentuated, in the arrangement, that Student Nurses serve as patients—while others practise the application of the recommended principles.

The third and last section of the book embodies "Introduction to Body Mechanics in Business and Industry," here the Industrial Nurse is concerned, who in her sphere of work comes into contact with the worker, from the industrial plant to its business offices, a wide and useful field of work.

"It is the way the worker works more often than over-work that causes fatigue. Many previous efforts have been made to relieve the fatigue of the worker. Certainly these should not go unrecognised; this manual is intended only to supplement these valuable contributions and not to supplant them. . . . In addition to the contributions already made, there should be greater emphasis on the worker's body mechanics."

We strongly advise all Nurses to secure this book, which to be of real and practical benefit must be carefully studied.

Bernice Fash, through the writing of her book (based on her practical experience), *Body Mechanics in Nursing Arts*, opens a new era of happiness and well-being for all who study, master and practise her teaching—for Nurses who capture its wonders—it is surely the vision splendid!—patients better cared for, and the weariness and fatigue of the Nurse reduced to a minimum.

A. S. B.

## WHAT TO READ.

### MEMOIRS AND BIOGRAPHY.

"Charles Kingsley and his Ideas." Guy Kendall, M.A.  
"Lincoln the President." J. G. Randall.

### FICTION.

"Our Hero." Denis MacKail.  
"Elegant Journey." John Selby.  
"The Façade." Eileen Tremayne.  
"Pleasant Valley." Louis Bromfield.  
"Eve's Apples." H. A. Vachell.  
"The Silver Unicorn." Catherine Christian.  
"A Pin's Fee." Peter de Polnay.  
"Victorian London." Anthony Powell.  
"Forlorn Sunset." Michael Sadleir.  
"The Deceiving Mirror." Peter Traill.  
"Between the Twilights." Dorothy Charques.

### MISCELLANEOUS.

"The English Townsman." Thomas Burke.

## LETTERS TO THE EDITOR.

*Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not IN ANY WAY hold ourselves responsible for the opinions expressed by our correspondents.*

### THE LATE MISS ELMA SMITH

To the Editor of THE BRITISH JOURNAL OF NURSING.

DEAR MADAM.—Miss Elma Smith, whose death we mourn, was an early advocate for State Registration. Trained at St. Bartholomew's Hospital, she was later Matron at Cleveland Street Sick Asylum, and opened the new building of Central London Sick Asylum at Hendon in 1900. She changed the old routine of this type of hospital, and was, I believe, the first Matron to make one a Nurse Training School in the London area.

She was a "Florence Nightingale," and ruled her hospital with her virtues, courtesy, punctuality and hard work; and took a personal interest in every member of staff and patients in her care. She had no time for carelessness, and patients had to be the first care of the nurses who came to train under her.

Throughout the years of the first world war, she wrote once a month to all her serving nurses, and her office map was marked with their theatre of war.

Those years of toil for her and shortness of staff (she often worked 90 hours a week) brought its toll, and Miss Smith was forced to retire in 1919 through ill-health, which was accompanied shortly afterwards by failing sight.

Through the years of this war, this blind gracious lady refused to leave her London flat, and faced up to the bombing with courage seldom seen.

Her death at the age of 84 years, in December, was not unexpected, as she had been ill for some months.

How much we miss this Florence Nightingale spirit in hospitals to-day, and how we admire such that did their job so thoroughly.

H. G. B.

To the Editor of THE BRITISH JOURNAL OF NURSING.

DEAR MADAM,—Whilst mourning the death of my dear Matron and friend, Miss Elma Smith, may I place on record one of the ways by which she was able to keep in touch with her Nurses whose interest she had so much at heart.

While at the Central London Sick Asylum at Hendon, Miss Elma Smith formed a League of Nurses, which included also the Nurses from Cleveland Street Sick Asylum. It was just about this time that Leagues of Nurses were being founded in hospitals throughout the country, and Miss Smith said her Nurses must have their League; this was a great joy to all its members as it kept them in touch with their colleagues all over the World.

A.E.S.

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