

Findings from a Nurse's Notebook.

TUMOURS.

TUMOURS are divided into two main classes—Simple and Malignant.

(1) *Simple*.—Syn., Benignant, Innocent, Homologous, *i.e.*, resembling some normal constituent of the body. Such are:—

Bone tumours.—Osteomata, Exostoses, Endostoses.

Cartilage tumours.—Enchondromata or Chondromata.

Fibrous tumours.—Fibromata.

Fat tumours.—Lipomata.

Skin tumours.—Papillomata (Warts).

Mucous tumours.—Myxomata.

Muscle (smooth) tumours.—Myomata, Scio-myoma (Fibroids).

Blood-vessel tumours.—Angiomata, Nævi, &c.

Nerve tumours.—Neuromata.

Gland tumours.—Adenomata.

(2) *Malignant*.—Syn., Heterologous, *i.e.*, not like any normal tissue in the adult body.

Characteristics.—(1) Early ulceration. (2) Tendency to infiltrate the surrounding tissues.

(3) Tendency to recur in site after apparently complete removal. (4) General infection of the system, and secondary growths.

Sarcomata spread by the blood vessels, and

Carcinomata by lymphatics.

SPINA BIFIDA.

A congenital malformation of the vertebral canal with protrusion of some of its contents in the form of a fluid tumour. Due to an arrest of development of the laminæ of the vertebræ. There is an excess of cerebro-spinal fluid. The condition is often associated with "club foot." The sac is formed of the dura mater and arachnoid membranes. There are three varieties of spina bifida:—

(1) The sac contains cerebro-spinal fluid only.

(2) The sac contains cerebro-spinal fluid and cord and nerves.

(3) The cord is distended with fluid and attached to the sac wall. This is the most rare form.

The sac may be covered with healthy skin, or membrane, or both.

Death may occur from the draining away of cerebro-spinal fluid, or from septic meningitis.

The treatment of cases of spina bifida is (1) Simply to protect the tumour with a metal or leather shield. (2) Injection with Morton's fluid.

Excision or ligature is unsafe, and tapping very fatal.

It is important to remember, in Nursing a case of spina bifida, that the patient must be arranged

in bed so that there shall be no pressure on the tumour as this may cause death.

THRUSH.

Due to the presence of a parasite, the *Oidium albicans*, which thrives on decomposing milk.

Occurs either in infants or adults fed exclusively on milk diet, who, from illness or age, are unable to keep their mouths clean. Hence the superstition that all people have thrush either when they are born or when they die.

Thrush is entirely preventible if the mouth is kept clean. In the case of infants the roof of the mouth, tongue, and gums, should be washed every four hours with a bit of clean rag dipped in water, after which a diluted mixture of glycerine and borax should be rubbed on with the finger. Where the infants are hand-fed all bottles must be kept scrupulously clean.

The mouths of any adults who are fed on milk only must be cleansed from time to time. If this is done thoroughly thrush will not occur.

ANÆMIA.

(1) Anæmia of young girls, or *chlorosis*, "green sickness."

(2) *Symptomatic Anæmia* due to hæmorrhage of all kinds, Egyptian chlorosis (intestinal parasites), cancer, cachexia, phthisis.

(3) *Pernicious Anæmia*. Sometimes called *idiopathic* (lit., suffering without cause). Attacks men and women of about 40. Ends fatally.

The Indian Army Nursing Service.*

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(Concluded from page 227.)

Before I close this paper I must also say a few words on the social life of Nurses in India. They have many pleasures within their reach which are not obtainable by Hospital Nurses in England, and they have, on the whole, more hours off duty, and longer leave in the year than they would get at home. They are often made much of, and they can enjoy a good deal of very pleasant society. Also, every Sister can afford, if she likes, to buy and keep a horse for her own especial use—a luxury which would be unheard of at home. But the fact that they are young women, living without any protection from relations or friends, renders their position in some ways a difficult one. Instead of being more independent, they have practically less

* Being a Paper read at the Nursing Conference, London, June 4th, 1896.

[previous page](#)

[next page](#)