

Findings from a Nurse's Notebook.

TUFNALL'S DIET.

PATIENTS suffering from aneurism are sometimes placed on this diet. Only ten ounces of solid and eight ounces of liquid food are allowed in the 24 hours, and everything must be weighed and measured with scrupulous care.

The allowance may be apportioned as follows:—

Solid Food.		Liquid Food.	
Meat ...	℥ij.	Wine ...	℥ij.
Potatoes ...	℥ij.	Milk ...	℥ij.
Bread and butter	℥iv.	Tea ...	℥ij.
Total	℥x.	Total	℥viiij.

STOOLS.

The character of the stools is often indicative of a particular disease, thus:—

In *Enteric Fever* the stools are of a liquid consistency and yellow ochre in colour. The colour is probably due to the fact that the patient is kept on a diet of milk. As convalescence progresses the stools become semi-solid.

In *Diarrhœa* there is frequency of action, with tenesmus in severe cases.

In *Dysentery* there is an inflammatory condition of the intestines. The stools are preceded and accompanied by pain and straining. They consist chiefly of mucus and blood, with a little feculent matter. There may be from two to fifty in the 24 hours. The drug almost invariably prescribed, in dysentery, is ipecacuanha, the administration of the first dose is frequently followed by marked improvement, gr. xx. every 4 hours is a usual dose for an adult. This may produce vomiting, symptoms of which should be watched for and reported. For some time after convalescence the patient should wear a flannel bandage round the abdomen, which is specially susceptible of chill.

In *Jaundice* the stools are of a pipe-clay colour, and the urine is dark green. The skin is stained yellow. It should be remembered that jaundice is a symptom, not a disease.

In *Hæmorrhage* into the intestines the stools are pitch-coloured if the bleeding takes place high up; they are of a chocolate colour if it occurs lower down in the intestines.

Scybala indicate constipation.

In *Cholera* the stools are watery, resembling rice broth. They are passed like streams of hot water, accompanied with cramps. There is usually vomiting and great thirst in cholera.

Baby "Brooders."

ONE of the New York papers has published a long illustrated account of "Incubating an American baby worth millions," the only granddaughter of Mr. Phil Armour, of Chicago pork-packing fame. The incubator is of very superior construction, being of oak, in which is suspended a luxuriously padded wire basket. A Nurse constantly watches the incubator, and the infant in question, if it live, may be kept in the "baby brooder" for some months. Baby-incubating has been extensively tried in the United States, but medical opinion is much divided on the success which attends the experiment. About 85 per cent of incubated babies die, which is a very heavy death-rate. One of the best equipped incubators is at the New York Post Graduate School and Hospital. This incubator is made to hold only one infant. It is constructed of sheet copper and so arranged that the warm water circulates around the sides as well as at the bottom. The ventilating chambers and fresh-air flues are so adjusted as to give a perfect circulation of pure, warm air. The infant lies on adjustable scales, so that its weight can be taken at any time. At the New York Foundling Hospital the "incubator" is the largest in the City. It holds six infants at a time. But the Sister Superior has little faith in the efficacy of "babies in brooders." In Boston more success seems to have attended the efforts of physicians and Nurses to rear the infants as "chicks." The Superintendent of the Babies' Hospital there speaks encouragingly of "brooders," but thinks much of the success depends on the age and weight of the infant when it first comes under incubation treatment.

Nursing in India.

MRS. M. A. NISBET, the Matron Superintendent of the General Hospital, Madras, has just completed an excellent "Manual for Hospital Nurses in India," which should prove very useful to Nurses who intend going out from home to try their hands at tropical Nursing. Surgeon-Major Smyth has contributed a useful chapter on the management of caste patients, this being a somewhat complicated problem until one has the key to it; and he pays a well-deserved tribute to the Nursing and the high standard of the Madras General Hospital, which must be very gratifying to its Matron.

Her Majesty's Nursing Sisters, as the Nurses in the Indian Army Nursing Service are called, have recently been granted a monthly allowance of thirty rupees each by the Indian Government for the keep of a horse.

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