

between the classes, doing disgusting work with gracious cheerfulness and skill."

It is very pleasant at the present time, when there is quite a tendency to depreciate the trained Nurse, to be able to quote so very intelligent a view of the work which District Nurses may and are doing in hundreds of places. And we cordially agree with Miss Costello that no one else could have such an opportunity for refining and reforming slum-dwellers as has the District Nurse, who comes into relation with them when they are sick and impressionable. And there is no one who is regarded by the working classes as such a "friend in need" as is the District Nurse.

THE *Nursing World* says :

"Olive oil is now used in many ways at one time never thought of. Besides being more largely used medicinally, it enters into various processes of cooking much more extensively than it did. It is well known that good eggs fried in olive oil are much better flavoured than when any other kind of fat has been used.

In massage, bathing, and for numerous other purposes the use of this most natural valuable food is greatly extending. The value of good olive oil is beginning to be more generally recognised throughout the world than it formerly was. Eminent authorities have experimented with it and found it a potent agent for any defects of the excretory ducts, especially the skin. Eczema has rapidly disappeared upon a discontinuance of starch foods and a substitution of a diet of fresh and dried fruits, milk, eggs and olive oil.

Its beneficial effects when taken in conjunction with a fruit diet have frequently been marked upon the hair, nails and scalp, quickly clearing the latter of scurf, and supplying to the sebaceous glands the oily substance which they secrete when in a healthy condition, and the absence of which is the cause of debility of the hair, frequently ending in baldness.

It has long been observed that those who live upon olive oil as a common article of food, and take it as such, are generally healthier and in better condition than those who do not. Its therapeutic and prophylactic properties are now well known to medical men.

Oil is destructive to certain forms of micro-organic life, and it is reasonable to suppose that they can best be eradicated from the system by its internal use. The use of oil not only does this, but it restores to the worn out or diseased tissue just those elements of repair that its reconstruction demands."

THE *Whitchurch Guardians* reckoned without the Local Government Board, as Guardians often do, when they tried to get over their difficulty of obtaining a Nurse for their Infirmary, by appointing Mrs. Pike, the Workhouse Matron, to that post. The Local Government Board called them to account for their action, since Mrs. Pike is not a trained Nurse.

## Medical Matters.

### NASAL ASTHMA.



THIS term has been given to a well-marked class of cases in which shortness of breath occurs owing to some obstruction in the nose. The ordinary form of Asthma is associated with emphysema, or dilatation of the air-cells of the lungs, in consequence generally of long continued efforts at violent expiration. It is, therefore, most commonly found amongst patients who have suffered from winter cough, or attacks of bronchitis each year for some years in succession. The frequent, and often violent, cough produces undue distension of the lungs and especially of the extremities of the air tubes, and so the whole lung becomes less contractile and less able, therefore, to fulfil its functions of easy inspiration and expiration. With any fresh cold, therefore, this difficulty of breathing is increased; and the patient suffers, to use the popular term, from "asthma." It is, therefore, easy to understand that if there be growths, such as polypi, in the nostril, or at the back of the pharynx, the entrance of air to the lungs is rendered more difficult, and therefore the patient may suffer as much from asthma as if the difficulty of breathing existed within the lungs themselves. The matter is one of the greatest importance because the nasal condition is so easily curable; and it is usually distinguished from the asthma of lung disease by the fact that the latter only occurs after some unusual exertion, whereas nasal asthma will be found even when the patient is perfectly at rest, and especially at night. The removal of the growth from the nose of course establishes the diagnosis, in the great majority of cases, at the same time that it cures the patient.

### THE DIRECT REPRESENTATIVES.

THE General Medical Council—the governing body of the Medical Profession—is composed of thirty medical men, of whom five are appointed by the Privy Council, as representing the State, twenty by the various Universities and Corporations in the United Kingdom, and five are elected every five years by the registered medical practitioners of Great Britain; three "Direct Representatives,"

[previous page](#)

[next page](#)