

Professional Review.**OSBORN'S FIRST AID AMBULANCE LECTURES.**

WE have received from the publishers, Messrs. H. K. Lewis, of 136, Gower Street, W.C., a copy of Mr. Samuel Osborn's "First Aid to the Injured," price 2s. This manual is well known to many of our readers, who will welcome a new edition of it. Its widespread popularity is evidenced by the fact that it has been translated into Chinese, French, German, Greek, Italian, Japanese, Spanish, and Hindustani. It is intended as the handbook of the St. John's Ambulance Association, but it will nevertheless be of of much use to probationers, who will certainly do well to add it to their library. Some excellent diagrams add considerably to the value of the work.

The book is divided into six lectures, the first of which deals with the general outline of the structure and functions of the body, with an elementary description of the bones, joints, and muscles. The diagram of the skeleton given here, in which the arteries are marked in red, and showing the points at which they should be compressed in case of arterial hæmorrhage is admirable.

The second lecture gives a description of the Blood, Heart, Arteries and Veins, and treats of the arrest of hæmorrhage from the main arteries by digital pressure or the application of a tourniquet, as well as the methods of arresting capillary and venous bleeding. The importance of being able to apply digital pressure accurately is insisted on, and the principle demonstrated that "for digital pressure to succeed in shutting off the current of blood to the parts beyond, two things are necessary: the artery must be superficially placed, and a bone in close proximity, so as to form a resisting barrier to the pressure of the fingers. The third lecture deals with injuries to joints, the treatment of sprains, wounds, foreign bodies in the eye and ear, the signs of fracture, and the first aid in such cases, as well as the application of splints. The treatment of wounds may, says Dr. Osborn, be summed up in two words—"Be clean." Many practical hints are given in this lecture. For instance, "Never syringe the ear if a pea, bean, or soft substance of any kind is in it, as the water will cause it to swell, and the difficulty of getting it out is much increased."

The next lecture deals with the first aid to be rendered to various classes of injuries such as the stunned, the apoplectic, the inebriate, epileptic, hysterical, and fainting, and with the treatment of the apparently drowned. A curious fact is recorded that persons who fall into the docks seldom recover. This is believed to be due to the fact that the water is impregnated with copper from the bottoms of the ships. A list of poisons and their antidotes is also given, which is of great use.

The next lecture treats of the improvised methods of lifting or carrying the sick or injured.

The last chapter deals with elementary nursing, and the book closes with a set of questions on the various lectures, which probationers will do well to answer in writing, as practice above will enable them to write good examination papers.

The book is bound in blue, with red lettering, and conspicuous on its cover is the cross of the St. John's Ambulance Association also in red.

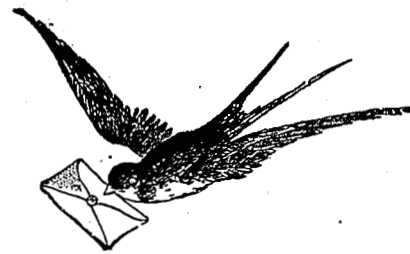
Our Foreign Letter.**IN AN ITALIAN HOSPITAL.**

PAGES FROM AN ENGLISHWOMAN'S DIARY.

(Continued from page 276.)

October 4th.

THERE was a curious scene over the male patients' dinner to-day. The diet list is kept by Don Ciccio, who goes the rounds always with the chief,



and is supposed to note every order. The pains the chief takes to please each individual patient is quite touching, and his patience with the strange requests proffered by those dying of phthisis, is simply admirable. The supply of especial delicacies is not unlimited, and he has to arrange that the worst cases take turns with fowls, marsala, and ices. I think he is unique in his patience as regards this part of the treatment; but this is the first hospital (except Lucca) where I have been without nuns. Wherever they are they naturally take this arranging of diet off the chief's hands, giving either full or half rations (*tutto o mezzo vitto*) or liquid diet, as indicated at rounds by him.

Our poor old Don Ciccio here is quite incapable of coping with this task, though he spends at least an hour after the rounds making out the list, helped by the *infermiere*. To-day, one patient was ordered fish with vinegar, and it came up fried; another had been promoted to 150 cg. of *pasta*, and they brought him only 100 cg.; a *sabaglione di caffè* was not forthcoming at all; and so a pandemoniacal scene ensued, during which poor Don Ciccio walked up and down the ward gesticulating 'despairingly, apostrophising the Saints, and praying for patience.

The patients thought that the need for patience was most on their side, however, and seized the opportunity to pour forth a whole list of woes, some of which were real, alas; but many imaginary, poor things. One learns early in hospital life that complaints of food, of beds, of draughts, etc., etc., have to be listened to without entire credence; want of appetite, aching limbs, and nervous fear of chill, being often the real offenders. And I have seen enough of this little *regnum* these weeks to realize that the food is really sufficient, of good quality, and more varied than in the larger hospitals; that *if the patients choose to request it*, beds are made daily; whilst the so-called "draughts" are absolutely necessary, and any patient suffering by them has only to ask to be changed to a bed in the corner where there is neither door nor window.

October 10th.

One of the patients—convalescent ex-soldier—came and made me an oration to-day, with the result that a bed was taken to pieces, and proved to contain (as he had informed me) many of the worst insect pests. The chief stood by, and after other patients had owned to

[previous page](#)

[next page](#)