

THE PERSONAL CARE OF THE SICK.

This includes bathing new patients, both in the bath-room and in bed, as well as the daily ablutions. In this connection it is mentioned that the nightdress should be removed, and each patient washed every day to the waist. We should say rather here that the whole trunk of the patient should be washed every morning. This is easily accomplished under the blankets, the patient turning on his side if possible while the back is being washed, and, unless he is quite incapable of performing any duties for himself, being given a flannel and towel and allowed to perform the necessary private cleansing. We are glad to notice that the need for the care of the teeth is emphasised. In most, we may almost say all hospitals, this most necessary point is neglected, except in the case of helpless patients, but surely the cleansing of the teeth should be part of the regular toilet of every patient. We observe also that the necessity for carefully bathing the eyes of patients who, from exhaustion, sleep with their eyes half open is pointed out. It is these practical touches that make the book before us so valuable and demonstrate the worth of a work written by those well acquainted with their subject.

Considerable attention is given to the causes, symptoms, and treatment of bedsores, and the duties of a nurse with regard to their prevention. The importance of constant care in this respect can scarcely be over-estimated. In the case of bedsores, prevention is eminently better than cure, and the most assiduous attention to this point is one of the first essentials in a nurse. The moving of helpless patients, passing of the catheter, and the care of the dead, are also dealt with, and practical-hints given with regard to the performance of these duties.

OBSERVATION.

Some excellent remarks are made on observation of the patient. We are told, "When making a report, a nurse should always strive to be exact, and to *give facts*." She should never talk vaguely about the patient "having slept badly," or "not taken so well," but should be able to say how many hours sleep, or how many ounces of food he has had. The appearance of the patient, his position in bed, the character and duration of pain, any irregularity of pupils, pain in, or discharge from, the ears, should all be noted and reported. The points to be observed in the condition of the pulse are also described, as well as those with regard to the temperature and the urine.

DIET.

The principles which guide the physician in dieting his patients and the administration of the diet by the nurse, are dealt with in detail.

BATHS AND PACKS.

Cold baths and packs, hot baths and packs, and hot and cold applications are also described.

COUNTER IRRITANTS.

Amongst these are the mustard plaster, mustard leaves, iodine, liniments, blister, croton oil, the actual cautery, leeches, and cupping, as well as the application of ointments and lotions. The best method of syringing the throat, nose, and ears and the cleansing of the nasal cavities by means of the nasal douche are also detailed.

The practical details with regard to giving the various kinds of enemata and suppositories occupy a whole chapter.

MEDICINES.

The administration of medicines by the mouth, by the lungs, by hypodermic injections, by the rectum, is described. An important part of the chapter devoted to this subject is that relating to drugs which may produce symptoms of poisoning. Nurses will do well to study this carefully.

THE NURSING OF CHILDREN.

Some excellent advice is given on this subject. The care of sick children, except in wards especially devoted to them, is often not carried to that point of perfection which should be attained at the present day. The art of nursing sick children is certainly one which deserves careful study on the part of all nurses, and which well repays attention.

CONTAGION AND DISINFECTION.

The chapter on this subject is a most valuable one, and treats of the general principles underlying the management of infectious fevers. The nurse is taught to consider her duty to her patient, to the public, and herself, never forgetting that any carelessness on her part may result in others contracting the disease. We commend it to all those whose duty brings them in contact with infectious disease in any form.

SURGICAL CLEANLINESS.

The remarks on surgical cleanliness will be read with great interest by all nurses, especially by those who have not recently been engaged in hospital work. Surgery has of recent years made such rapid strides that nurses who have not had the advantage of keeping in touch with the most modern methods, are apt to find themselves behind the times in private work. They will therefore greatly appreciate the information here conveyed.

SURGICAL NURSING.

Lastly, we have a chapter on Surgical Nursing. The treatment of wounds and of surgical shock is described, and then the nurse's duty in preparing a patient for operation, in making the operation-bed, feeding patients after operation, and in the dressing of wounds. We advise our readers to procure "Practical Nursing," and predict that when they have read it they will await the second volume with eagerness.

Red Cross Work.

The Russian Red Cross Society, says the *Times*, is becoming a remarkably active and important institution, not only at home, where it has worked so industriously during the last summer in relieving the famine-stricken peasants of East European Russia, but also in foreign countries where Russian sympathies are engaged. It will be remembered that its doctors and nurses gained a great reputation in Abyssinia at the time of the Italian campaign against the Negus, and in Greece during the war with Turkey. At present, besides the deliberations going on and the preparations being made to send a strong medical detachment to the Transvaal to help the Boers, it has been decided, at the instance of the Minister of Finance, to despatch a sanitary corps of doctors and sisters of mercy to Manchuria, to combat the plague which has broken out among the Chinese labourers on the Manchurian Railway. The detachment, it is said, will be under the orders of Captain Alexandrovski, of the Chevalier Guards, and will take passage on one of the boats of the Messageries Maritimes for the Chinese port of Inkau, whence the rest of the way will be made overland.

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