

Professional Review.

"GOLDEN RULES OF PHYSIOLOGY."

We have received from the publisher a copy of the above useful little manual, being number 6 of the Golden Rule Series. It is bound in khaki-coloured cloth, with gold lettering, the price being 1s. The publishers are Messrs. John Wright and Co., Bristol, and Messrs. Simpkin, Marshall, Hamilton, Kent and Co., Limited, London. The booklet is, as are the others of the series, intended primarily for students. At the same time nurses will find in it many useful hints. Such are:—

METABOLISM.

"Remember this term includes all the chemical changes occurring in the body, beginning with the absorbed food and ending with excreted substances. The chief changes occur in muscles, nerve cells and glands."

PULSE.

"Define the pulse as the alteration in the calibre of an artery due to the sudden increase in blood pressure caused by the systole of the left ventricle."

"The pulse varies in rapidity, rhythm, force and character, and thus teaches analogous conditions of the heart. The condition of the arterial walls is also learnt."

REFLEX ACTION.

"Remember the essential feature, viz., that reflex action occurs without the intervention of the will, and follows a stimulus applied to a sensory nerve."

The terseness and lucidity of these rules appear to us admirable. The joint authors of the booklet are I. Walker Hall, M.B., Ch.B. (Vict.), Senior Demonstrator in Physiology, the Owens College, Victoria University, and Associate of Owens College, Manchester, and J. Ackworth Menzies, M.D., C.M. Ed., late Senior Demonstrator in Physiology, the Owens College, Victoria University.

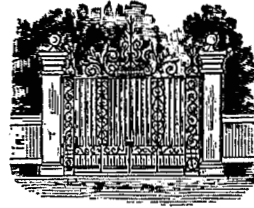
Preparations, Inventions, etc.

SPECIALTIES FOR INVALIDS.

We have been somewhat surprised to find how many trained nurses are not acquainted with the very valuable Specialties for Invalids prepared by Messrs. V. Benoist & Co., of 36, Piccadilly. This is the more to be regretted because the majority of those of our readers who are engaged in private nursing are probably working in the houses of the rich, to whom the expense of such dietary specialties is a matter of no consequence, but who naturally are accustomed to and require the best forms of nourishment in illness; and, as a general rule, the suggestion of new dietary preparations for the convalescent is largely left now-a-days to the nurse. From considerable experience, therefore, we can strongly recommend to the notice of our readers, the various preparations to which we have referred, as being in the highest degree nourishing and most palatable. Especially valuable are the Real Turtle Soup, which is evidently made from the actual Turtle, and which is of course most nutritious; and the Consommé de Volaille, which we have found invalids take with pleasure and much benefit. We would however advise our readers to obtain from the firm in question a list of their specialties, because they will find this often most useful in suggesting new foods for their patients.

Outside the Gates.

WOMEN.



Cross for her work in aid of military hospitals in India.

THE Queen is said to have shown a most touching sympathy for Lady Roberts when she received her at Windsor the other day, and bestowed upon her the Victoria Cross which was so nobly won by her poor young son who fell at Colenso. Lady Roberts possesses the Royal Red

A correspondent sends us the following account of Lady Roberts' departure for South Africa:—

"The send off of Lady Roberts and her daughters from Southampton last Saturday was indeed an enthusiastic one, as well it might be. There was deep pathos in the scene too as their deep mourning reminded one that it was to the grave of an only son and brother as well as to the triumph of a husband and father that the travellers were wending their way.

The rigging of the *Dunottar Castle*, by which they sailed, was dressed with flags, and their cabins were a perfect bower of flowers. The iron trellis of the ship's ladder was hidden with laurel, a tribute to our hero at the front, and in a conspicuous place hung an exquisite floral Union Jack, whose groundwork of violets shed fragrance all round. Bunches of shamrock were worn by Lady Roberts and her daughters, and nearly everyone present displayed in some fashion the Irish National Emblem in their honour. While luncheon was going on the band of the 2nd Hants Rifle Volunteers played, and occasionally sang Irish airs, and the appealing pathos of "Come Back to Erin, Mavourneen" brought tears to the eyes of more than one present.

Luncheon over, Lady Roberts, escorted by Sir Donald Currie, and followed by the other distinguished guests present came on deck, and then came a very interesting incident in the day's proceedings, namely, the hoisting for the first time, of the new flag of the Union and Castle now united lines, amid loud cheers. At the same time the *Dunottar Castle* fired a salute, and at this moment the *Gaiha*, carrying nearly 1,600 troops to South Africa passed. The enthusiasm of the men was tremendous. The wife of the General in whom they all have unbounded faith was sailing with them. Could they cheer too much? They thought not.

At last came the moment—that dreadful moment we all know so well—when the farewells must be spoken—when those who stay suffer so much more than those who go, and in a few more minutes the *Dunottar Castle*, with her precious burden, had sailed away the strains of Auld Lang Syne following her out to sea."

A Drawing-room meeting at the Royal Mint by the invitation of Lady Roberts Austen, in support of the Bill to amend the London Government Act, will be held on Wednesday, April 1st, at 3.30 p.m. Lady Trevelyan will take the chair. Miss Alice Busk, Mr. Thomas Lough, W. R. Bousfield, Esq., Q.C., M.P., and others will address the meeting.

[previous page](#)

[next page](#)