

routine. The reasons advanced by Miss Loane for this course are:—

1. The work is better done, without hurry or confusion, and the chances of any omission or forgetfulness are reduced to a minimum.

2. The work is done quicker, with less waste effort, with less fatigue to nurse and patient, and with less trouble to the relatives, and a larger number of cases can therefore be satisfactorily attended in the same space of time.

3. Where there is uniformity of routine the nurse can be changed when necessary without disturbance or annoyance to the patient.

4. Uniformity of routine makes a deep and lasting impression upon the minds of patients and their friends, whilst frequent differences in detail, however trivial in themselves, tend to shake their faith—always too weak—in the invariable sequence of cause and result.

It is suggested that the outlines are studied by the probationer until they become a part of the subconscious memory.

In the course of the book many practical hints are given. Thus: "Give careful, detailed, and repeated instructions to the friends as to the nature and quantity of nourishment that the patient ought to have. For one patient who lacks the right food from poverty, a hundred lack it from ignorance."

In washing a chronic case "the patient's friends should always be asked to remain in the room with her while the nurse is there." Amongst other reasons given are the following:—

"The patient is happier, especially if old, seriously ill, or in a very nervous state.

"The nurse should try to teach the friends to do everything for the patient as well as she herself could do it—change draw-sheets, put on poultices, fomentations, &c. The gain to the patient is very great, as instead of remaining in discomfort for hours, as she might otherwise be compelled to do, she has sufficiently skilled assistance always at hand.

"The work is done quicker, and a much larger number of cases can be attended by the nurse. This view of the case should be brought forward if necessary, to overcome any shrinking or reluctance on the part of the friends. The poor, as a rule, are wonderfully unselfish in these ways and quick in their vision of others' needs."

"Many chronic patients are so heavy that no nurse can carry out the work entirely unassisted without running most serious risk of injuring herself, and of hurting or needlessly inconveniencing the patient.

"By spreading a knowledge of nursing, here a little and there a little, local traditions are gradually improved.

"The presence of the friends is a protection to the nurse, who might conceivably be accused of hurting the patient.

"Never permit patients to sit up while being washed, as they are more likely to catch cold. Also, where modesty and refinement exist they must be respected, and where they do not they must be inculcated."

It will be seen from the few instances given that the book is eminently practical. It is published by the Women's Printing Society, Ltd., 66, Whitcomb Street, W.C., and may be obtained post free for 9d. from Miss A. Loane, Pwllmeyric, Chepstow, and District Nurses should certainly write for a copy.

French Doctors in London.

At the beginning of next week 150 French surgeons and physicians will arrive in London on a visit to their British *confrères*. The visit is the outcome of a private invitation to two or three members of the Paris School of Medicine to come over and investigate certain things for themselves, and the idea has been developed by Dr. Dawson Williams, of the *British Medical Journal*, to its present proportions. A meeting with Sir William Church, Bart., President of the Royal College of Physicians, in the chair, appointed a small committee to organise the arrangements, so that the visitors may make the best use of their time. The party will be divided up into sections according to the specialties in which the members are specially interested. We hope that facilities will be given to the visitors to inspect some of the nurse-training schools in this country, as efforts are now being made in France to bring the system of nurse-training into conformity with modern medical requirements.

New Preparations, Inventions, &c.

THROAT PASTILLES.

At this season of the year when throat troubles are so prevalent, it is appropriate to call the attention of our readers to two preparations of the well-known Throat Pastilles of Messrs. Allen and Hanburys, the first being composed of Menthol and Eucalyptus, and the second of Menthol Cocaine and Red Gum. Concerning these, a well-known throat specialist in London has favoured us with the following note:—"The Allenburys' Throat Pastilles have been employed by me for some years, and they are generally admitted to be the best preparations of their kind now used in private practice. I have tried the Menthol and Eucalyptus Pastilles, and I find that they act quickly and well in relieving hoarseness and as an effective astringent for the throat. The Menthol and Cocaine Pastilles I have employed for some time, and have always found them efficient, not only as an astringent, but also, as might be expected from the proportion of cocaine they contain, as a very useful sedative to the throat when there is much irritation present. It is needless to add, in view of the high reputation of Messrs. Allen and Hanburys, not only that the quality of the drugs can be relied upon, but it is well to remember that this same fact guarantees that the dosage of the drugs employed is absolutely accurate, because this is a fact which is of the greatest importance when such drugs as cocaine are prescribed, and, unfortunately, this is a detail, in the case of some preparations offered to the public, upon which it is impossible always to rely." With such testimony as this, we feel that we can confidently recommend these Pastilles to the notice of our readers,

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