

It may be said that in all these cases the chief desire of the physician is to administer some form of Iron to the patient, but, as all nurses are aware, nearly all the ordinary preparations which contain this metal are somewhat astringent, and also, as a rule, are bitter to the taste; they very frequently produce constipation, always more or less darken the teeth, and generally interfere somewhat with digestion. In consequence, the beneficial effects which the Iron would produce are to a large extent nullified or diminished by the injurious results and disagreeable effects to which we have alluded, whilst the proper assimilation of the Iron is prevented, and thus the drug may actually cause harm rather than good. So well recognised is this, that it is almost an accepted rule that in many cases, especially in children, Iron cannot be administered in any form, however beneficial it might be. For some years past, first on the Continent and then in this country, this difficulty has, however, been met to an increasing degree by the administration of Hommel's Hæmatogen, the advantages of which are that it is not bitter in taste, does not cause constipation, does not affect the teeth, is, when properly administered, very palatable, and does not disturb the digestion and, therefore, cause a loss of appetite. The chief value of this preparation is due to the fact that it is derived from Hæmoglobin, purified by special processes and concentrated. It thus contains all the salts which are found in healthy blood, including the Iron, which is so essential a constituent. To ensure its preservation, glycerine is added, with a trace of vanilla as a flavouring agent. There is no preservative of a chemical nature contained in this preparation, so that it can be administered safely and for any length of time to the youngest infant as well as to the most enfeebled adult. It has been pointed out in the medical journals, both in this country and abroad, that this preparation is an ideal blood-former, inasmuch as it conveys into the system the constituents which are missing in the blood of the anæmic or the strumous, and in such a form as to render them immediately assimilated.

It can, therefore, be easily understood why the preparation is also being very widely employed by physicians in the treatment of strumous children—cases where cod-liver oil was formerly the medicinal sheet-anchor. Over this, Hommel's Hæmatogen is found to possess the great advantages of not being nauseous, and therefore of not upsetting the digestion; of improving the appetite, rather than, as cod-liver oil so often does, preventing the patient from taking ordinary food. Finally, in nerve diseases, especially those of children, this preparation is yielding, according to the best authorities, excellent results, so that it is being employed in such cases in preference to many older and well-known preparations. It is a matter of much interest, therefore, to nurses to know how this medicine can best be administered. The usual dose for an adult is

one tablespoonful twice a day, half an hour before the principal meals; for children, from eight to fourteen, a dessertspoonful twice a day; and for infants, from half to one teaspoonful twice a day. It is best administered pure, but if desired it may be mixed with cold milk or water, soda water being especially suitable.

As every nurse is aware, it is just in these cases of nerve disorders that the greatest difficulty is found in persuading the child to take any medicines at all. They are hyper-sensitive in every particular, hyper-irritable, and therefore any drug which is at all unpalatable can very rarely be administered. Several writers in the medical journals have commented upon the fact that not the least advantage of Hommel's Hæmatogen is that it is not only efficacious as a nerve tonic in a very special degree, by acting as a nerve food, but that it can also be administered easily to the most fractious child, because of its unusual palatability. It is in these cases also that cod-liver oil was formerly supposed to yield almost its best results—when it could be taken by the patient—which, unfortunately, was very seldom. So that "nervey" children form another class in which the superiority of Hæmatogen is very manifest.

Only one word of warning is requisite. The growing popularity and success of Hommel's Hæmatogen has, as is usually the case, produced a number of utterly inferior, and therefore perfectly useless, imitations. It is, therefore, important for nurses to remember that when they are directed to procure Hæmatogen for a patient they should ask for "Hommel's," and, in the words of the old proverb, "see that they get it."

### Irish Nurses' Association.

A lecture was delivered on Tuesday evening, the 13th inst., at the Association Rooms, 86, Lower Leeson Street, Dublin, by Sir William Thomson, C.B., F.R.C.S.I., on "The Theory and Practice of Cleanliness in Surgery," Miss MacDonnell, R.R.C., Lady Superintendent of the Richmond Hospital, in the chair. The subject being one of absorbing interest to all nurses, Sir William's graphic description of surgery under the old régime, as compared with the surgery of the present day, and the practical lessons to be derived therefrom, was listened to with the keenest attention. At the close of the lecture a hearty vote of thanks to Sir William Thomson was carried by acclamation.

Many nurses will be glad to know that "Practical Nursing"—the admirable book on nursing by Miss Isla Stewart, Matron of St. Bartholomew's Hospital, and Dr. Herbert E. Cuff, Medical Superintendent of the North-Eastern Hospital, Tottenham, which originally came out—in two volumes is now published complete in one volume, price 5s. The publishers are William Blackwood and Sons.

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