

Nurse used to carry me on my side and hold a dark parasol over me; then I could look about and enjoy things.

It is bed-time now, but before closing I would like to say if ever you have a chance to help me I'd be so grateful.

I want to go back to my old diet, and I don't want to take medicine, and I don't want to wear tight clothes and boots (bootikens they call them); and I don't want to stare at the sky for three or four hours each day.

Never mind the other things, though I'd be glad to have the jolting and thumping stopped. They don't do the ship-in-distress movement so often now because it makes me sea-sick. If you could do anything for me I might stay on here, otherwise I must make inquiries about the Long Home, for life isn't worth living.

M. H.

Practical Points.

Miss L. L. Dock, in her admirable Text Book of Materia Medica for Nurses, the new edition of which we hope to review at an early date, says that salt performs a very important part in the human economy. It exists normally in the blood in the proportion of 4 to 1,000, and is very abundant in various normal secretions. Active tissue changes are promoted by the presence of salt. It stimulates the desire for food, and aids in its thorough alteration and absorption. It is the natural antiseptic of the blood; aids osmosis, and keeps the fibrin and albumen of the blood in solution. Water alone is injurious to cut tissues, but a weak solution of salt makes it non-irritant. During the course of an inflammation, sodium chloride, being needed for its solvent action, accumulates in the inflamed area, disappearing temporarily from the urine. This is notably the case in pneumonia, and the return of the chloride to the urine marks a favourable change in the condition of the patient. In substance, or in strong solution, it is irritating to cut surfaces, mucous membranes, muscle and nerve tissue. Taken into the stomach in large quantities it causes vomiting, and when absorbed in excess of the needs of the system it causes the nervous irritation which produces the sensation of thirst, and which is relieved by taking enough water to dissolve the salt and carry it away to be excreted by the kidneys. Salt dissolves in $2\frac{3}{4}$ parts of water.

In convalescence, patients often crave some salt article of food, which, being indigestible, must be denied them, but the need of the system which is thus expressed may be satisfied by giving salt in another way.

In feeding babies and young children a pinch of salt should always be added to the milk, as its action opposes the formation of hard curds in the milk.

Salt water in strong solution is an anthelmintic.

There are four natural sources of the official salts of soda and their preparations, viz.:—(1) Sodium, a metallic element. (2) Sodium chloride, or common salt, obtained from sea water by evaporation, and from salt mines. (3) Sodium nitrate. Found native in Chili, and purified by crystallization from water. (4) Sodium borate or borax; a native product found in various localities.

Nursing Echoes.

* * * All communications must be duly authenticated with name and address, not for publication, but as evidence of good faith, and should be addressed to the Editor, 20, Upper Wimpole Street, W.



The following appreciation of the work of Miss Peter, General Superintendent of the Queen Victoria's Jubilee Institute, appears in the current issue of the *Queen's Nurses' Magazine*—a magazine full of interesting articles and information, and affording yet another proof of the admirable way in which nurses can edit, and provide with news their own professional

papers. Our contemporary says:—

The news of the resignation of our beloved General Superintendent, Miss Peter, has come as a great surprise and sorrow to us all. Her Majesty Queen Alexandra and the Council of the Institute have conveyed to her their appreciation of her services, but it remains for us, her nurses, to testify to our affection for her and to our gratitude for the countless little acts of kindness she has shown us individually whenever the opportunity occurred. In all our difficulties we have always found in her a sympathetic and ready adviser, and many of us will greatly miss her gentle, kindly presence when we next call at the office in Victoria Street. We all know that the post of General Superintendent is no sinecure, and that it demands indefatigable industry and boundless tact. In dealing with such large numbers of individuals as the General Superintendent is called upon to do the necessity of pouring oil on troubled waters must frequently arise, and it is, we believe, mainly owing to Miss Peter's talent for making rough places smooth that the work of the Institute has been carried on so peacefully and prospered so wonderfully. Miss Peter herself was the first Queen's Nurse enrolled, and now there are 1,400 of us. She can indeed look back with pride and satisfaction on the amount of work accomplished under her rule.

Miss Peter's address from September 1st will be, Miss P. W. Peter, The Nest, Horsham, Sussex.

Miss Amy Hughes, who has been appointed to succeed Miss Peter, must be well known already to many members of Queen's Nurses' Association Committees and to Queen's Nurses. In her position of Superintendent of County Nursing Associations she has travelled continuously about the country, and has come into personal contact with many of them. Owing to her untiring energy and great talents as a

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