

milk, beef-juice, raw egg, soup, broth, wine jelly, trapon, and somatose.

The amount of liquids taken is a very important matter, and is carefully watched. If too much is taken, the blood vessels are distended, arterial tension is greater, and the work of the heart is increased; the stomach is distended, also, causing shortness of breath. On the other hand, if an insufficient amount be taken, the blood pressure may be too greatly lowered, and there may not be free diuretic action. The doctor will usually state definitely the amount of fluid allowed, and this includes all liquids—soup, tea, coffee, etc., not merely water. Liquids which may be taken are, weak tea and coffee, buttermilk kumiss, malted milk, and milk. These should be of a medium temperature, neither iced nor very hot.

(To be concluded.)

League News.

The Social Gathering of the Chelsea Infirmary Nurses' League which was held at the Infirmary on Wednesday last, was a very pleasant function. The nurses' sitting-room a very bright and cheerful room at all times, was decorated with a profusion of lovely flowers. The Matron, and President of the League, Miss Barton, ably aided by other League members, was a most hospitable hostess, and the songs, as well as a recitation by a patriotic Irish nurse, were excellently rendered and most enjoyable. Miss Barton's puppy, a pedigree griffon, who, in loyalty to his mistress, was "wearing o' the green," not to mention a badge of the League, came in for a large share of attention. Many of those present stayed for the harvest festival, which took place later in the evening in the chapel, which was very beautifully decorated, the sanctuary screen being particularly effective.

Legal Matters.

Florence Ludlow, a middle-aged woman, stated to be a nurse, recently met in the Edgware Road a stranger who came up and wished her good evening and they "got into conversation." This resulted in a walk through Hyde Park, and a two days' courtship, followed by an engagement. The nurse then withdrew all her savings, amounting to £115, from the Post Office Savings Bank, and allowed the man Pickard to take them from her lap on the top of an omnibus, and to pocket them before they alighted at St. Paul's Cathedral, where he asked her to wait outside while he went in to see the Bishop of London and get the marriage license! The upshot of the

matter is that Pickard is now committed for trial for obtaining money by false pretences. We relate the sordid story in order to inquire whether this is the stamp of nurse that the public like in and out of their houses? If not let them support those nurses who are endeavouring to secure the regulation of their profession by Act of Parliament.

Practical Points.

Stretchers especially designed for carriage on a motor car are in use at the military convalescent home at Osborne.

Motor Car in Hospital Work. Two "lying down" patients on stretchers can be carried on the car. These stretchers are of such a design that they fit equally well on the seats of an ordinary railway compartment.

The annual report of the institution, published in the form of a white paper, makes especial note of the value of the motor car and its new stretchers in hospital work. Patients can be removed from their rooms in London to their quarters at Osborne without leaving the stretcher.

Dr. Robert Saundby, LL.D., F.R.C.P., in a paper read before the Gloucestershire branch of the British Medical Association, dealing with the Management of Cases of Advanced Heart Disease, said in relation to rest:

"Heart disease should be treated by rest in a more or less recumbent position (1) when there is a certain amount of dropsy present; (2) if walking brings on severe dyspnoea or pain; (3) should the state of the circulation be so bad as to cause danger of syncope.

The bed of a heart patient should be flat, not sagging in the middle, as is sometimes the case with modern chain mattresses; the slope should be downwards from the head towards the foot, which may be effected by putting blocks under the castors at the head of the bed, but in many cases the patient requires the support of a bed rest. Orthopnoea indicates a serious lesion of the heart unless caused by some complication in the chest, such as pleural effusion. It may be impossible to make the patient comfortable in bed, and he must be allowed to sit in a chair with his legs extended and raised as much as is consistent with comfort. Heart-chairs, especially constructed to permit of being arranged at a comfortable angle for the body and lower extremities, can be purchased or hired, and add a good deal to the comfort of the last few months of what must often be at best a distressing struggle for life.

When dropsy is present and the patient is helpless he should be placed upon a water-bed in order to relieve pressure and avoid bedsores. The legs should be covered with long woollen stockings, or, what is perhaps better and more easily adapted to their changing bulk, 4-in flannel bandages should

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