

## Nursing Echoes.



Dr. E. Voituron, the Inspector of Health and Hygiene to the Minister of Agriculture in Belgium, was at Cardiff during the recent Congress. On his way through London he visited several of our Training Schools for Nurses, as nursing is a question in which he is deeply interested. He took away a mass of information on the registration question, as under the new law nurses in Belgium are to be encouraged to attain greater efficiency. Belgium is a Roman Catholic country, and nursing by nuns almost universal. Dr. Voituron is of opinion that many years will elapse before much progress will be made in nursing education, as we realise it. Anyway, an invitation will be sent to the moving spirits in nursing reform in Belgium to attend the International Congress on Nursing to be held in London next summer, and by this means perhaps a little help can be given to those whose aim like our own is to provide good nursing for the sick.

The training of an English nurse contains very little about dietetics—a very important item in the treatment of the body. A note in this week's *British Medical Journal* we find interesting. It reports that Dr. A. Seibert, U.S.A., has used a milk free fluid diet in typhoid fever in sixty-one cases at St. Francis's Hospital, with only one death. Most of the patients were convalescent much sooner than is usually the case in typhoid fever. Irrigations of the bowels were combined with the diet. The patient is given an initial dose of calomel, and is then fed on water for twenty-four hours. From that time he takes strained rice, oatmeal, or barley soup, with extract of meat and egg yolk. Then other broths and zwieback are added. Hydrochloric acid is given before feeding. All the general symptoms are improved, the temperature is lowered, intestinal and nervous symptoms are improved, and complications disappear. The attack is shortened, the mortality diminished, and complications lessened. Dr. Cyrus L. Strong of New York has treated 17 cases of typhoid on a milk free diet, and considers that his results justify its adoption. A milk-free diet eliminates one of the principal sources of danger, fermentation of undigested foods. He has used broths, crackers and zwieback, gelatin,

and rice. Pepsin and hydrochloric acid have not been used as a routine treatment, nor have irrigations been given. There have been less prostration, clean, moist tongue, no tympanites or diarrhoea, and loss of flesh has been diminished. Dr. Robert C. Kemp, of New York, endorses the use of the milk-free diet in typhoid fever. In the acute stage of typhoid fever with diminished digestive power, fermentation and putrefaction of milk are increased by reason of the food remaining in the stomach for a longer period than is normal, through the motor function of the stomach being decreased. The author makes use of a milk-free diet with rectal irrigations and has excellent results therefrom.

The Market Harborough and District Nursing Association are inviting subscriptions to the amount of £2,000 to provide a Home for Nurses, two small wards for male and female patients, two private wards, and a suitable room which in cases of emergency can be used for operations. In our opinion, district and private and home hospital nursing should be kept entirely distinct. The financial arrangements are always difficult to conduct fairly—if run by the same association—and it usually ends in the private nurses' fees being utilised to carry on what should be distinctly charitable work.

The Grimsby District Nursing Institution is doing much good work, and an additional nurse is much wanted. Mrs. Sutcliffe, of Field House, who is a firm friend of the institution, recently held a sale to raise £50 of the £80 required. In pleading for another nurse, she said she was amused the other day at an old lady who had been visited by a nurse saying: "I had no idea that nurses wanted so much water. There is such a lot of washing to be done." She did not think that that old lady had ever been thoroughly washed before, and she did not know how much it took to get the dirt off. She was bedridden, and had never been so comfortable in her life as she was now.

The Rev. A. A. Markham, in proposing a vote of thanks to Mrs. Sutcliffe, said: One did not need to be a clergyman or district visitor to know what an immense boon nurses were to the poor, how they brought light and comfort and helped to restore health, and how doctors' work would be most difficult without them. It was to his utter astonishment that in such a vast community as Grimsby the nurses were able to carry out such a tremen-

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