

of fat around the heart itself, and, later on, the muscle of the heart becomes infiltrated with fat so that it is liable to give way under any unusual strain. Clinically, it is very difficult to say from examination of the chest whether fatty heart is present or not, but it must be suspected to exist in any fat person of middle age, or over, who suffers from great shortness of breath on exertion. More usually, the first sign of its presence is the sudden death to which it often gives rise. For this reason, it is advisable to avoid the use of general anaesthetics, and especially of chloroform, in such subjects, unless in unavoidable emergency, spinal anaesthesia being preferable if it is available.

Another sign is a greatly diminished power of resistance to acute diseases, especially those due to micro-organisms such as the acute specific fevers, pneumonia and the like. Whenever an apparently mild attack of any disease of this sort occurs in a fat person the outlook is grave. Wounds also do not heal well, and often suppurate on very slight provocation.

In the next article we will discuss in detail the treatment of obesity, and the indications for its employment. At present we will merely point out that fatness can always be "reduced," but care has to be taken that the remedy is not worse than the disease.

*(To be Continued.)*

### CHOLERA.

There have not been wanting prophets who foretold a recrudescence of cholera in Europe during the present year, and the prophecy has unfortunately been justified. At Marseilles, and in Italy, Austria and Turkey, a number of cases have occurred; and in Turkey, especially, the epidemic is assuming alarming proportions. A contemporary reports that in one suburb of Constantinople, occupied almost entirely by Jews, 200 cases and 100 deaths are the daily average; and, what is exceedingly serious, all the water sources are contaminated, and the sanitary measures entirely inadequate.

In this sea-girt island, with medical officers of health on the alert to deal with suspicious cases at the ports, we have good reason to hope that cholera may be kept at bay. At the same time special care should be taken that domestic sanitary arrangements are beyond reproach; and nurses should acquaint themselves with the chief points in the nursing of cholera, and the precautions to be observed to prevent the spread of infection from cholera patients to themselves when nursing it, and to the public.

### A CHAT WITH THE ISLA STEWART SCHOLAR.

It is interesting to learn from Miss Rundle something of the manner of life of students and nurses in America. Breakfast is usually served from 6.30 to 7 a.m., and consists of fruit, cereals—a different one each morning—porridge every morning would not suit American nurses—then bacon, or some other breakfast dish, and hot rolls and coffee. Iced water is served with all the meals. Luncheon is much the same as in an English hospital, and dinner is usually served at 6.30 p.m. It will be conceded that American nurses go on duty fortified with a very appetising and excellent breakfast.

The habit of drinking tea in the afternoon is not at present usual, but is becoming more popular, and in college, when she visited friends, Miss Rundle would find it provided as a hospitable attention to herself. But it is served without milk, weaker than with us, and with lemon-juice. Although American nurses do not drink much tea like their English colleagues, they drink much more coffee than is customary on this side the Atlantic.

Miss Rundle is much impressed with the Nurses' Homes which she has seen in the United States and Canada, where every consideration is shown for the nurses' comfort, some homes which have been built by private munificence resembling first-class hotels. Meals are usually served at small round tables, not at large ones, as with us. It is usual for the Superintendent of Nurses to preside at the nurses' meals and take her own with them.

At Bellevue Hospital, New York, where the nurses have a beautiful home, a laundry and sewing room are provided for the use of the nurses, where they can get up their own shirt waists and other small articles of personal wear. There is also a sitting-room on each floor, and a kitchen where kettles can be boiled and night meals prepared. In addition there is a kitchen which serves as a teaching laboratory, where instruction is given in dietetics.

Miss Rundle is of opinion that, while nursing education in America is more systematised and better organised than in this country, the type of girl who offers herself for training is quite as high here as there. There are openings for nurses in the higher posts on all sides, and many more applications are made to Teachers' College for pupils who have taken the course in nursing and health than it is able to fill.

Miss Stewart, Miss Nutting's assistant, has done good work by giving lectures to students in various colleges who, at the close of their

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