

Vomiting occurring regularly on rising in the morning is a common symptom during the early months of pregnancy. The vomitus usually consists of a little mucus, and is unaccompanied by nausea, headache, or retching. It may often be prevented by drinking a cup of tea before moving.

The vomiting of large quantities of blood is most commonly a symptom of gastric ulcer. The patient is put to bed, the recumbent position maintained, and food is not given by mouth at all; it is replaced by rectal feeding during the acute stage.

Fæcal vomitus has the odour and appearance of fæces, and is unmistakable. It is always a symptom of grave importance. It indicates obstruction at some point in the intestine. The patient is induced to drink all at once a pint of warm water, which will quickly be returned.

Regurgitation is the simplest form of vomiting. It occurs commonly in infants from too rapid or excessive feeding; the appearance and odour of food are not changed.

When vomiting is accompanied by a rise of temperature, a gradually increasing pulse rate, and much tenderness of the abdomen, no food should be given by mouth, and all aperients withheld. The condition may mean appendicitis.

After abdominal operations sometimes vomiting is due to pressure from gauze drainage or a glass or rubber tube, and will cease with its removal.

#### HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss Linda M. Smith, Miss G. Robinson, Miss F. James, Miss M. Macfarlane, Miss Dora Vine, Miss F. Sheppard.

#### QUESTION FOR NEXT WEEK.

State what you know about the mechanical treatment of compound and suppurating fractures.

#### VALUE OF INOCULATION.

Conclusive evidence as to the value of inoculation against typhoid is contained in the following report:—

In the Expeditionary Force in France there have been up to May 22, 827 cases of typhoid fever, with 128 deaths.

Of these cases, 508 occurred among the un-inoculated, and of these 106 died.

Of the remaining 319 cases which occurred among the inoculated, 22 were fatal.

In making this report to the House of Commons, Mr. H. J. Tennant stated that the ratio of attacks is 14 times, and of deaths 42 times greater among the non-inoculated men.

#### THE VALUE OF SPECIALIZING IN THE CARE OF SICK BABIES.

Now that the hot weather is here the "mother" instinct, the latent force which inspires all our best nurses, becomes disquieted about baby, because baby lovers know that dangers lurk in so many apparently harmless things. Read what Miss Marion B. Chalmers, R.N., said recently on the value of specializing in the care of sick babies, in an admirable paper presented at a meeting of the Ohio State Nurses' Association, U.S.A.

#### THE VALUE OF SPECIALIZING.

A specialist is usually regarded as one who knows more about his particular line of work than a general practitioner. If this is true in the practice of medicine, it is equally so in the practice of nursing.

There are many advantages to be considered in taking a post-graduate course. Every nurse is especially adapted to some particular phase of the work, be it surgery, fever nursing, obstetrics or the care of sick children, and in choosing to specialize in the last mentioned, which I esteem most vital because of its relation to the coming generation, an essential quality is fondness for children. A nurse may be well versed in knowledge, but if she does not make herself acceptable to the child, she cannot hope to obtain good results.

A sick baby is indeed a problem. Our three years' preparation in hospital training is insufficient to cope with this situation; hence the value of special instruction. Every minute of the time devoted to study will be multiplied many times in the advantages it brings to us. In specializing in the care of sick babies, I refer especially to the digestive diseases, viz., cholera infantum, enterocolitis, dysentery, malnutrition, &c. These mow down our babies summer after summer, increasing infant mortality. Considering that these diseases are largely preventable, what an important field this is to choose in which to specialize!

Knowledge will enable the nurse to prevent disease. Discrepancies in the methods of care and feeding of babies, poor and dirty milk, some of the proprietary foods, and bad hygiene in clothing and general sanitation, are largely responsible for these summer troubles. The artificially fed babies are the ones who suffer.

The digestion is best observed by the character of the stools, and if we know the cause of their abnormality in colour and consistency (why green, or why curds are present, whether due to excess in fat or proteid, or why mucus predominates, &c.), then we are better qualified

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