

COST OF OUR SOCIAL SERVICES.

To what an extent the British people have become dependent is apparent in the Economy Bill to be introduced in the House of Commons at an early date.

Some idea of the total cost of the nation's social services is obtained from the fact that, according to the latest return available, the expenditure on such services was £338,000,000 in 1922-23, against £22,000,000 in 1891. Of the amount raised in 1922-23 £178,000,000 came from taxes, £85,000,000 from rates, and the balance from other sources.

In this connection it is interesting to note how the cost of hospital maintenance tends to increase. Thus at the meeting of the London County Council on January 19th, the Mental Hospitals Committee reported that since October, 1925, the weekly sum charged for the maintenance of each rate supported patient at the Council's mental hospitals had been 26s. 10d.; and that they were advised that during the year 1926-1927 it would be about 28s. 2d. a head. They attributed the causes of the increased cost (1) mainly to normal increases in salaries of the nursing staff; (2) to increased cost following improvement of the dietary; (3) rates owing to revaluation of properties; and (4) administrative expenses. They therefore recommended that as the sum of 14s. a week was found to be insufficient for the expenses of the maintenance and other expenses of each pauper lunatic in the mental hospitals, belonging to the London County Council, and the salaries of the officers and attendants; that from April 1st, 1926, and until further order the weekly sum to be charged for the purposes aforesaid should be 28s. 7d.

THE FLEMING HOSPITAL COOKERY BOOK.

The Fleming Memorial Hospital for Children, at Newcastle-on-Tyne is one of the most beautiful hospitals, and the Chairman of the Ladies House Committee, Mrs. Parmeter, with the help of her Committee, has done something quite new and most useful to provide funds for the hospital. These ladies have published the "Fleming Hospital Cookery Book," which contains over 300 varied recipes of most delectable dishes, each one of which makes one's mouth water. The price of this book is vastly cheap at 2s. 6d., and the whole of the proceeds of the sale are to be devoted to the hospital.

The recipes, many of them signed by the contributors, are evidently of delicious dishes known only to good housewives, not a few of "lordly dishes" fit to set before a King, when English cooking was the most wholesome in the world, and quite "unbeknown" contained a sufficiency of vitamins. Other recipes are quite up-to-date. Here we find "Cock-tails." We fancy the following given by Lady W. J. Noble. It is indeed an "eye-opener":—

"Fill the mixer with chopped ice, add one teaspoonfull of powdered sugar and a new laid egg. Add one liqueur glass of brandy and one of rum. Shake well and strain."

The book contains recipes for Soups, Fish and Eggs, Entrees, Sweets, and Puddings, Savouries, Cakes, Sweetmeats, Pickles, Sauces, Chutneys, Invalid Cookery, and Useful Hints.

To peep into this book makes one wish to give a Dinner Party to friends with appreciative palates.

There are so many tasty tit-bits described in this Cookery Book, and so many useful hints for house-keeping, that it should be invaluable to Home Sisters in Hospitals; to Managers of Nursing Homes, and to Private Nurses.

No address is given from which to obtain this book, but presumably if 2s. 6d. is sent to the Matron, Fleming Memorial Hospital, Newcastle-on-Tyne, it will be sent. It can also be obtained from Mrs. C. B. Fenwick, 7, Lambton Road, Newcastle-on-Tyne, who is anxious to sell 100 copies in support of the hospital's invaluable work for sick children.

PROFESSIONAL REVIEW.

THEORY AND PRACTICE OF NURSING.*

The publication of a Second Edition of the "Theory and Practice of Nursing," by Miss M. A. Gullan, Sister-Tutor at St. Thomas's Hospital, gives us the opportunity of calling attention once more to this admirable Text Book. It is dedicated to Miss A. Lloyd Still, C.B.E., R.R.C., "without whose inspiration and untiring efforts to further the education of nurses these pages would never have been written," and they summarise the instruction on the Theory and Practice of Nursing given to the Nurses in training in the Nightingale School of St. Thomas's Hospital, and are adapted to continue the teaching begun in a preliminary training school lasting over two months and to supplement ward instruction.

No alteration has been made in the original text, but "in grateful recognition of the generous reviews accorded to the first edition, and in deference to expressed opinion three chapters have been added: 'Notes on Surgical Nursing,' 'Private Nursing,' and 'Elementary Dietetics'."

Miss Gullan tells us that "the aim throughout has been to deal with conditions requiring a nurse's intelligent understanding, and individual diseases have only been selected as they represent typical conditions, and provide material for the widest range of nursing care."

SURGICAL NURSING.

Concerning Surgical Nursing the author writes that "beyond the principles and methods already described as forming the basis of general nursing, Surgical Nursing can only claim to need a more intimate knowledge of the surgical technique as practised in the operating theatre; of the special preparation of the patient, and the immediate post operative care, and of the adjustment and care of surgical appliances. Much of this knowledge is a question either of the special requirements of the individual surgeons whose methods may differ widely, or treatments that tend to change from year to year; thus it is rather outside the scope of fundamental nursing."

PSYCHOLOGY OF THE PATIENT.

Miss Gullan emphasises a condition not infrequently overlooked by busy nurses in hospital wards, viz., the psychology of the patient. "An 'operation' looms large in the mind of the patient, a thing of dread of the unknown, the usual cause of dread is the thought of the anaesthetic—the loss of conscious control, the fear that he may die under it."

"A nurse should never lose sight of this aspect, but suggest the quiet and peace, and the sleep-like condition of the anaesthetic state. She should give the patient her full attention while accompanying him to the theatre, while remaining in the anaesthetic room, and dispel his fears and feeling of loneliness rather by a sympathetic manner than by speech. She must never repel the patient with the callous attitude of 'being so used to it.'"

"The self-controlled patient is 'strung up' rigid with nervous tension; the less controlled shows nervous tremor, feels chill and weak. Both conditions accentuate the post-operative shock, and the understanding nurse can thus do much to minimize the effect."

BEFORE THE OPERATION.

In relation to the preparation of the patient, Miss Gullan notes "Half an hour before the operation the patient is usually given a hypodermic injection of atropin gr. $\frac{1}{10}$ this is of great service to the anaesthetist, as the drug checks mucous secretion into the respiratory tract, and

* H. K. Lewis & Co., Ltd., 136, Gower Street, London, W.C. Price 9s.

[previous page](#)

[next page](#)