

AN EXPRESSION OF THANKS.

Lady Hermione Blackwood expressing thanks to the British College of Nurses and the Royal British Nurses' Association for the wreath sent by them to be placed on the grave of the late Lord Dufferin writes that her mother (Hariot, Dowager Marchioness of Dufferin and Ava) is quite unable to acknowledge all the lovely wreaths sent, but she was most grateful to the senders and was pleased at the Royal British Nurses' Association and the British College of Nurses, remembering that Lord Dufferin's maiden speech in the House of Lords had been made in support of the Nurses' Bill.

She adds, "Will you please specially thank the givers of that wreath and tell them what pleasure their kind remembrance of my brother gave us all."

The grave at Clondeboye, was perfectly beautiful with all the lovely wreaths, the little cemetery was really a blaze of colour. It is a very small circular place ringed round with tall yews, and in the centre is a very tall Celtic cross of grey granite erected to the memory of the first Lord Dufferin and his three other sons, a really ideal spot

PROFESSIONAL REVIEW.

THEORY AND PRACTICE OF NURSING.*

By Miss M. A. Gullan, S.R.N.,

Sister Tutor of St. Thomas's Hospital, London, Examiner for the Diploma in Nursing, University of London.

The third edition of Miss Gullan's textbook has few alterations, but some additions and amplifications.

The book strikes one as much more interesting than the usual nursing primer. The style is fresh, the descriptions graphic, and the study of it a stimulus rather than a weariness to the flesh.

Many technical and unfamiliar terms are used, rather bewildering to the uninitiated; the summaries are meant to be elucidated in class, and Miss Gullan suggests periodic revision during training. It is useful also for post-graduate study.

Chapters on physiology precede those on diseases of the different systems, with nursing and treatment. The clinical pictures of patients suffering from heart and chest troubles are specially good. Symptoms and their causes are more carefully explained than in any book on nursing that I know, and a probationer who has studied on these lines might be expected to take a keen and intelligent interest in her cases.

Stress is laid on the necessity for sympathetic consideration of the patient, not only as a case but as a suffering human being. His point of view is always to be kept in mind as well as his bodily needs, and treated with equal tenderness and delicacy of touch. Here is a typical passage:

"The nursing of patients with chronic valvular disease is a real test of a nurse's character and sympathetic understanding. The irritability, fears and constant distress can only be met by infinite tact, patience and unobtrusive solicitude, and the patient should be managed with kind firmness without a hint of argument or dictation. The wise nurse will, by her skilful suggestion, bring the patient into absolute agreement with all she desires for him, even leaving him with the sense of satisfaction that the suggestion has been his own. He must be kept quietly cheerful and happy, free from worry and excitement, and a trustful co-operation should exist between patient and nurse."

Also this, referring to gynaecological patients:—

"The nurse must discourage all discussion of ailments

between one patient and another. She must maintain a cheerful, wholesome atmosphere in the ward, and distract the patient's thoughts from herself and her complaint. She must nurse the patient with a peculiar sympathy for her condition and a right understanding of her temperament, acting with a reserve that respects her sensitiveness and gains her confidence."

Miss Gullan spares no trouble in giving minute details of nursing procedures, but she is always clear and concise.

The chapter on Elementary Dietetics has been brought up to date. The appreciation of the importance of diet in treatment is comparatively recent on the whole with us; it was realised earlier in America. Miss Gullan says: "The choice of food remains with the doctor, but the patient's ready acceptance of it is largely a matter of the nurse's wise persuasion and unremitting care in its preparation and administration. Feeding is not a strong point with the average nurse. She is too apt to follow a mechanical routine, and provide a monotonous diet that militates against full benefit being derived from the food, forgetting that the refusal of a feed by a patient is often a sad reflection on her own nursing powers."

The section on Surgical Nursing is short, being largely a question of the requirements of individual surgeons, and of treatments which change with the times.

The ordinary Infectious Diseases are dealt with fairly fully, and there is a useful chapter "Hints on Private Nursing." It begins: "The individual layman almost exclusively forms his opinion of nurses and nursing from the attitude and actions of the private nurse; and, all sentiment apart, through such we rise or fall in the estimation of the Public. The influence of the private nurse is incalculable and far-reaching not only over her patient, but over the members of the household and the many who come into contact with them. Every act is seen and weighed, every unconsidered speech is noted—what she does not say, even more than what she says—and what she is, far more than either."

The book is not illustrated, but has three new diagrams to show the metabolism of proteins, etc. If a criticism may be permitted, these are not very easy to understand till the letterpress has been carefully studied. Their meaning does not leap to the eye, and more sidenotes might help.

The blank pages for personal notes and illustrations are a good idea, and the black type for well-chosen key words in the text useful.

St. Thomas's nurses are fortunate in having this book as their study. It should be an inspiration, and help to keep the reputation of the graduates of that famous school up to its present high level.

The dedication of the book is "to Miss A. Lloyd Still, C.B.E., R.R.C. (Matron of St. Thomas' Hospital) without whose inspiration and untiring efforts to further the education of nurses these pages would never have been written."

K. M. L.

INGRAM'S "OMEGA" BREAST RELIEVER.

We have pleasure in drawing attention to the new "Omega" Breast Reliever, supplied by Messrs. J. G. Ingram & Son, Ltd., a name which carries with it the assurance that any article supplied by the firm is of good material (a specially important matter where rubber is concerned) and fine workmanship.

The receiver is the original shape, which has been recognised as the standard pattern for a number of years, the secret being that it is specially designed for the particular purpose for which this form of reliever is intended. Its complete sterilization is a simple matter.

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* H. K. Lewis & Co., Ltd., 136, Gower Street, London, W.C.1. Price in Great Britain, 9s. net.

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