

for 1890 stated that there was a "net profit to the Hospital" of nearly £500 a year from the work of the Private Nurses, and this remarkable assertion was made: "The skill and experience which are unreservedly bestowed upon the training of Nurses in the Hospital *thus receives some reasonable return.*" The italics are ours. The Hospital sweats its Nurses to produce a profit of some hundreds per cent., and its Committee assert that this is "a reasonable return." This statement, moreover, is manifestly untrue, because the Sisters and medical men who bestow the "skill and experience" receive no part of the return, "reasonable" or otherwise. On page 10 of the Report for 1891, it is distinctly stated that there were last year "increased receipts in payment for the Nurses' services." Yet according to the accounts the receipts have fallen from £943 to £57. This strange example of "increase" certainly requires some explanation.

HOSPITAL CONTROL.

THERE seems to be a growing feeling that there should be some central body appointed to control our Hospitals, to supervise their general management and their expenditure, to keep old institutions up to the mark, and prevent new and unnecessary ones being exploited. If such a body be ever formed, we feel confident of one fact—the mistaken composition of present Hospital committees must not be repeated in its formation, if it is to be of the slightest benefit to the community. Medical men and Nurses, who alone can understand Hospital ways and wants, are, except in the rarest instances, conspicuous by their absence from the managing bodies of these institutions. If a Central Hospital Board is formed, they, as the practical element, should certainly be largely represented upon it. In the next place, the cheap philanthropist and the pedantic faddist should be as carefully excluded, because the trouble and extravagance which such men cause in Hospitals is notorious and incalculable.

CENTRAL CONTROL FOR NURSES.

THIS has advanced quite within the region of practical politics, and it is only a question of time when it must become an accomplished fact. It is felt to be an anomaly that an important body of skilled workers should be so entirely unorganised and uncontrolled as the Nursing profession is to-day. In no other profession does such a state of affairs exist, and it is manifestly contrary to public advantage that women who are entrusted with duties involving perchance issues of life and death should be responsible to no one except themselves. The application of the Royal British Nurses' Association for a Royal Charter will, we foresee, expedite the settlement of this question, by drawing attention to the grave dangers to which the public is at present exposed, and to the urgent necessity for the institution of Nursing reforms.

Cocoa "Gruel."—Many cocoas now sold are so adulterated with farinaceous, starchy matter, that they disagree with many; causing eructation, "fullness," and consequent indigestion. To such as have found this the case, **De Jong's Cocoa** is strongly recommended as most easily digested and ten times more nutritious. For samples—14, St. Mary Axe, E.C.

The Best Thing to Do.

FIRST AID IN SIMPLE AILMENTS & ACCIDENTS

BY C. J. S. THOMPSON, F.S.S.,
AUTHOR OF "PRACTICAL DISPENSING," &c., &c.

PART I.—INTRODUCTION.

THE object of this article is mainly to offer some practical suggestions and instructions how to render first, and suitable, aid in case of simple ailments, sudden illness, or accident, until skilled medical assistance can be procured. It so often happens that when emergencies of this kind occur, those round about are usually at a complete loss to know what to do, and their efforts, as a rule, are of the kind which are calculated to do more harm than good. A great deal has been done in recent years towards instructing the public how to render prompt and intelligent aid when the occasion requires, but there are yet many who are ignorant of the best means of rendering such assistance, for the want of a few practical hints.

It should be clearly understood the following pages have not been written with the object of encouraging self-prescribing, or dosing, or in any way to supersede the Medical Practitioner, but simple to instruct those who are ignorant of the most elementary principles of medical art in the best course to take should the occasion arise, until skilled aid can be called in. The old adage that claims prevention to be better than cure may be aptly applied with regard to disease. Threatened attacks may often be warded off, if taken in time, by the prompt administration of some simple remedy, or by taking necessary precautions, if you know what to take, or what to do. The choice of a suitable holiday, or health resort, is frequently a matter of serious consideration to those who seek change of climate and rest. The remarks offered on such localities, and the list given of European Spas, will, no doubt, be of assistance to many, and the names of registered British Medical Practitioners residing in the principal cities abroad will also doubtless be of service to those staying away from home. It is always a wise plan when travelling on an extended tour to carry a few simple medicines, or a small medicine chest, as the difficulty may often be experienced in foreign countries of obtaining exactly what is required. Suggestions, therefore, are given as to the selection of those remedies

Loeflund's Hordeum Compounds.—C. Pepsine (in dyspepsia), c. Iron (in chlorosis, anæmia, jaundice, pleasant and digestible for ladies and children), c. Quinine (an excellent tonic in neuralgia, nervous headache, and debility) c. Lime—hypophosphit (in rickets, scrofulosis, very digestible). 3s. 6d. Sold by Chemists, and Loeflund, 14, St. Mary Axe, E.C.

[previous page](#)

[next page](#)