

tamed her lion either, because—there was always that English Border challenging, enticing. That is a domestic and perhaps humorous aspect of the matter, but her reign was one long courageous effort to transform, metamorphose, her husband's kingdom; it required more than mere physical courage and, owing to her influence, Scotland enjoyed two hundred years of prosperity and wise, enlightened rulership under her sons and their sons and grandsons. I think the message which Margaret would give us for these difficult times of the present would be courage, courage and *again* courage.

But I would like to close on a different note because it was the keynote for my title. It is a sentence from the writings of Turgot, Bishop of St. Andrews. "She was called Margaret and in the sight of God she showed herself to be a pearl, precious in faith and works." Here in her Fatherland, well nigh nine centuries on, we do homage to the memory of that great Saxon—Margaret of Scotland, Saint, Queen and Royal Nurse.

ISABEL MACDONALD.

PROFESSIONAL REVIEW.

GENERAL NURSING.*

The Authors of this Treatise for Nurses in training have certainly compressed a great deal of material into a small volume, but nurses reading for the State Examinations would certainly require much more detail than the book affords. The early chapters deal with Anatomy, Physiology and Hygiene, and Part 3 deals with Theory and Practice of Nursing and is followed by Medical and Surgical Subjects and their Nursing principals.

Anatomy opens with the make up of the cell. This is briefly described but its important functions and the valuable Chemistry of the Body which are essential to the Nurse Probationer are omitted.

The Skeleton is briefly described, very little detail being given in either Osseous or Muscular Systems.

Joints are given in more detail and the chapter is well planned, the movements being clearly emphasised.

A brief but clear description of Heart and circulation should be readily understood by all nurses reading it, but the chapter dealing with Ductless Glands is incomplete, as unfortunately half of these glands recognised by the modern Physiologists are not included, and these are essential to the knowledge of every Probationer entering for the State Examinations to-day, whether Preliminary or Final.

Digestion is well described, also the absorption of food, it is very encouraging to see a good outline on Food Factors and their essential part in metabolic processes. The Chemistry and Mechanism of Respiration is an interesting and instructive chapter and the organs of excretion each have their place.

The organs of special sense are briefly given but clear, and mention is made of the anatomy of the Generative Tract, in both sexes.

Hygiene is very interesting, but mention is made of shallow well water as a water source—this should never be—and also charcoal filters are mentioned which have been obsolete for years owing to their power of germ incubation rather than filtration. Milk is very well written but not enough stress is laid on domestic contamination, and means of protection which should be taught in every Preliminary School.

A very simple diagram of drainage is given, but the

skeleton outline of the systems given will not enlighten the average Probationer very much.

Personal Hygiene is well outlined, but very little preventive methods are given with regard to vermin and parasitic infection.

The general care of the patient is very concise and, with practical instruction, should prove very helpful, but prevention and care of bedsores are not given the place that is necessary to so important a subject.

Co-operation in Diagnosis of the nurse with the Physician is a very instructive and enlightening subject and clearly written, so that any nurse can recognise symptoms and so gain knowledge of disease from its perusal.

Nursing methods are very good and with application in practice the average pupil will gain much from their study of this chapter.

Massage and Electrical elements are very welcome with the ordinary treatments employed in wards, etc., and this is a necessary addition to all nursing manuals at the moment. An excellent chapter is devoted to weights, measures and drugs, giving methods of administration of most types of drugs and poisoning in certain cases.

Diets and food values form an attractive introduction to Medical Nursing, and the brief anatomical outline preceding the chapters on diseases has much to commend it in practice and interest.

Excellent detail of the features and treatment of Cardiac Inefficiency is given, and Respiratory diseases are briefly but clearly given to make the nurse work things out for herself.

Digestive and Urinary diseases are given their place, and the Nervous System with its disorders, signs and symptoms is a most valuable chapter, and is completed by a very excellent Psychological outline of value for patient and nurse.

More Psychology in practice with these patients would mean more healing of the mind. Constitutional Diseases include some of the Deficiency diseases of modern life, and special care has been given to the care of the Hypoglycæmia condition, so common to-day through the misuse of Insulin. Nurses should be taught the signs and symptoms of this fatal condition which can be averted by timely action.

Disorders of the skin are included and the Ductless Gland deficiencies and their effect on the human body.

Infections are brief, but an interesting addition has been added in Prophylactic care of children exposed to infection, in the form of blood sera from the affected child on the 9th day.

Surgical Nursing opens with Inflammation and its effect local and general on the patient, and the results of inflammation in regard to healing or destruction of tissue. Hyperæmia is the foremost treatment for this condition, the usual treatment etc., of Hæmorrhage is given and Surgical Shock is not forgotten.

Wounds and their drainage, together with the complications dreaded by the surgeon are well described.

First Aid has been given a suitable chapter, it is welcome and is followed by fractures and their care. Head Injuries are included together with principles of asepsis and sepsis.

Preparation for operation of patient, theatre, etc., is clear and concise and the diagram of abdominal incisions should be drawn in every nurses lecture book.

Operations are brief in their description, but an excellent chapter is devoted to Surgical Tuberculosis, and thanks are due to the authors for this unusual outline in general nursing manuals.

The special subjects of the Syllabus of the General Nursing Council are all included, and the volume ends with a very excellent set of tables of height and growth. The authors have done good work, although brief; the whole substance of the book is very plain in language and the diagrams have much to commend them, being practical and easy to copy.

H. G. B.

* A Textbook for the State Examination, by Alan Perry, M.B., M.S. Lond., F.R.C.S. Eng., Assistant Surgeon and Surgical Tutor, London Hospital, and Dorothy Harvey, Sister Tutor, London Hospital. Published by Edward Arnold & Co. Price 8s. 6d.

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