

of these and should be given to the mother (together with foods high in vitamins A and D) if the baby be breast fed, or it may be given directly to the baby, approximately eight drops in the day. If the baby be bottle fed, give two drops in each of four bottles.

Vitamins B₁ and B₂ are not at any time well transferred through the milk and are not stored to any extent. The requirement of these vitamins is three to five times greater for the mother during lactation as during the non-lactating period and the premature baby is liable to show this deficiency by anorexia, loss of intestinal tone and constipations. With excess there will be too frequent bowel movement. Yeast, wheat, tomatoes and leafy vegetables are given to the nursing mother and marmite can be added to the day's feeds when the baby is artificially fed. Up to one tablespoonful can be added to whole day's mixture when this has been made up and is still hot.

In conclusion I should like to mention again the three conditions which require careful prophylaxis and treatment in the premature baby—1, Anæmia; 2, Rickets; 3, All infections—and with these last thoughts I shall leave you.

THE DIVINE OFFICE OF THE KITCHEN.

"God Walks among the Pots and Pipkins."—*St. Teresa.*

Lord of the pots and pipkins, since I have no time to be
A saint by doing lovely things and vigilling with Thee,
By watching in the twilit dawn and storming Heaven's
gates

Make me a saint by getting meals and washing up the plates.

Lord of the pots and pipkins, please I offer Thee for Souls
The tiresomeness of tea-leaves and the sticky porridge bowls,
Remind me of the things I need, not just to save the stairs,
But so that I may perfectly lay tables into prayers.

Accept my roughened hands because I made them so for
Thee,

Pretend my dish-mop is a bow which heavenly harmony
Makes on a fiddle frying-pan; it is so hard to clean
And ah, so horrid. Hear, dear Lord, the music that I mean.

Although I must have Martha hands I have a Mary mind;
And when I black the boots, I try Thy sandals Lord to find.
I think of how they trod our Earth what time I scrub the
floor:

Accept this meditation when I haven't time for more.

Vespers and Complines come to pass, by washing supper
things,

And mostly I am very tired; and all the heart that sings
About the morning's work is gone before me, into bed.
Lend me, dear Lord, Thy Tireless Heart to work in me
instead.

My Matins are said overnight to praise and bless Thy Name
Beforehand for to-morrow's work; which will be just the
same.

So that it seems I go to bed still in my working dress.
Lord, make Thy Cinderella soon a heavenly Princess.

Warm all the kitchen with Thy Love and Light it with Thy
Peace,

Forgive the worrying and make the grumbling words to
cease,

Lord, Who laid breakfast on the shore forgive the world
which saith.

"Can any good thing come to God out of poor Nazareth."

—*Author untraced.*

PROFESSIONAL REVIEW.

A TEXT-BOOK OF MEDICINE FOR NURSES.*

The third edition of "A Text-Book of Medicine for Nurses," by E. Noble Chamberlain, M.D., M.Sc., F.R.C.P., Assistant Physician, Royal Infirmary, Liverpool, and Physician, Birkenhead General Hospital, etc., sometime Examiner in Medicine, General Nursing Council for England and Wales, and Joint Nursing Council, Northern Ireland, just published, brings this valuable text-book, first published in 1931, up to date. The foreword is contributed by Miss E. M. Musson, C.B.E., R.R.C., Chairman, General Nursing Council for England and Wales, who writes:—

"Every teacher of nurses knows how difficult it is to guide, control or supervise the pupil nurse in the use of books on medicine which find a place in most reference libraries.

"A text-book on medicine specially written for the use of nurses meets a long-felt want and should receive a warm welcome not only from sister-tutors and pupil nurses, but also from all members of the nursing profession who desire to keep their knowledge fresh and up to date.

"Dr. Noble Chamberlain deserves our thanks for describing in a small and compact volume the chief points in medical conditions which a nurse requires to understand, and for clear information on most of the problems of medicine with which she will meet in the course of her work. The use of this handy book of reference should assist her in giving that intelligent help and co-operation which the modern physician requires if his patients are to derive the full benefit of his treatment."

Dr. Noble Chamberlain in his preface to this third edition tells us that "many minor alterations and additions have been made throughout the text, but certain parts have been extensively revised, notably the chapters on Venereal Diseases and Therapeutics, and the sections on Angina Pectoris and Jaundice. New sections have been added on Vincent's Angina, the High Carbohydrate Diet in Diabetes, the Toxic Effects of Gold Injections, Serum Sickness and Diverticulosis.

"Therapeutics always undergoes more frequent changes than diagnosis or prognosis, and it is natural that in many instances new measures have been substituted for or added to old measures of treatment. It is unnecessary to mention all these, but attention may be called to fuller sections on Spinal Anæsthesia and Analgesia, to the use of high atropine dosage in Parkinsonism, of mandelic acid in urinary infections, of sulphanilamide (Prontosil) in streptococcal infections, bronchovydin in asthma and many others.

"The descriptions of treatment," we are told in the preface to the first edition, "have been amplified and the nursing aspects emphasised. . . . Each chapter on systematic diseases has been preceded by a short account of the physiology of the system, in the hope that the reader will see the practical bearings of physiology on medicine."

In Suggestions to Readers the author points out that "the nurse has ideal opportunities of observing the symptoms and response to treatment in the patients under her care. Unlike the medical student, she is not merely in the wards to learn, but assists in the patients' treatment; and she may study his condition without fear of resentment.

"It is therefore the author's hope that the nurse will use this book in close conjunction with her practical work, making reference to it in each new case for which she may be responsible."

That is the way in which nurses should study physiology not divorced from treatment, but illuminating the cases as presented to her in the course of her work, in order that she may nurse them the more efficiently.

* Oxford University Press, Amen House, E.C.4.

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