

cases symptoms and signs may be transitory and recovery is complete in a few weeks.

Treatment.—Prophylactic treatment is of course the ideal method but it is doubtful if the incidence of diphtheria is sufficiently great and the condition sufficiently severe to justify immunisation of all service personnel. In the ideal state all children are immunised in their pre-school years. Nurses, orderlies and medical officers in charge of diphtheritic cases should all be immunised if, after Schick testing, they are found to be susceptible.

Curative Treatment.—Anti-diphtheritic serum is the sheet anchor of treatment and must be given as soon as the diagnosis of diphtheria is made or suspected without awaiting laboratory confirmation from examination of the swab from throat or sore. Once the local lesion is healed serum is no longer indicated.

Treatment, once polyneuritis has developed, is largely one of nursing care and supervision. The first rule is complete rest in bed and the pulse rate should be taken as a guide to convalescence. In an acute case with paralysis and a pulse rate of over 100, the patient should not be permitted to sit up in bed for examination or for nursing purposes. If there is evidence of circulatory failure as indicated by a rising pulse, peripheral cyanosis and vomiting, oxygen is the best cardiac stimulant and should be given continuously with a B.L.B. mask. If the limbs are severely paralysed they should be kept in a position of physiological rest: the legs extended, adducted, and the feet at right angles to the legs. They should be protected from the weight of the bedclothes by a cradle. Passive movement at every joint should be carried out daily by the physio-therapist. During the stage of recovery active bed exercises and re-education of position sense should be given.

There is no indication for the administration of Vitamin B preparations in this type of polyneuritis as with beri-beri and alcoholic polyneuritis.

Where the neuritis spreads to involve the intercostals, the use of a respirator such as a Drinker or Bragg-Paul type may be a life-saving measure to tide the patient over the period until improvement sets in.

The duration of stay in bed must vary with the severity of the symptoms and progress.

From the *New Zealand Nursing Journal*.

BLIND PHYSIOTHERAPISTS.

TRAINING DEVELOPMENTS AT THE NATIONAL INSTITUTE.

There can no longer be any doubt that physiotherapy is a profession in which the blind practitioner excels. Indeed, absence of sight seems to be rather an asset than a handicap in this particular work, allowing undisturbed concentration and providing an exceptional sense of touch.

For many years the National Institute for the Blind has been paying special attention to the training of suitable blind men and women for the profession, and the annual report refers encouragingly to those who have qualified. During the war they have been giving valuable service both in military hospitals and in private practice. In the past year all previous records were broken at the Institute's evening clinic and the Eichholz Clinic.

Recently there has been a marked increase in the demand for training, due partly to improved secondary education among the blind and partly to war-blinded casualties.

LETTERS OF LADY AUGUSTA STANLEY.

A YOUNG LADY AT COURT, 1849-1863. EDITED BY THE DEAN OF WINDSOR AND HECTOR BOLITHO.

We were recently able to acquire a copy of the Letters, by the Lady Augusta Stanley (*née* Bruce, the daughter of the Earl of Elgin, and a Lady-in-Waiting to the Duchess of Kent, the mother of Queen Victoria), addressed to her sister, Lady Frances Baillie, and so fascinating a personality presents itself upon their perusal that it has been added to the biographies of great women preserved in the Isla Stewart Memorial Bookcase, at the British College of Nurses, Ltd., 19, Queen's Gate, S.W.7.

In 1856, Queen Victoria had acquired the lovely estate of Balmoral, where she built a magnificent castle, and where the last years of her widowed reign were spent in comparative peace.

The Duchess of Kent and her household resided near by at Abergeldie Castle, and it was from this delightful residence that many of Lady Augusta's letters were written.

A GLIMPSE OF FLORENCE NIGHTINGALE.

September 23rd, 1856.

"Last night we did not return from Balmoral till 7.30, as there was a neighbour Ball to inaugurate the new ballroom; the company almost the same as last time. . . . The room lovely and the little Princesses exquisite.

"By the way, the most important addition was Miss Nightingale. She is at Birk Hall, and spent a long time with the Queen on Sunday. She is much less altered than expected; her beautiful countenance looks to me more beautiful than ever; her hair is short, and she wears a little plain morning cap, her black gown high open in front. The Queen and children delighted with her. She seemed intent all yesterday evening on talking with Sir George and General Grey. She is so modest and retiring and fearful of notice, but when people require information and are anxious to discuss with her for useful purposes, then, in her firm gentle way, she speaks with a lucidity and clearness quite extraordinary, as any other of her remarkable gifts. It is most touching to look on that slight delicate frame and think what it has been enabled to go through. The serenity, simplicity, unaffected natural cheerfulness, combined with such depth of character and thought.

"'Caddy Boyle,' in a black gown, *à la Pompadour* (square cut), with her hair brushed back, looks exactly like Marie Antoinette going to execution. She sat in Miss N.'s pocket all night. . . . She lives in quite a detached cottage, and has her breakfast brought in a wheelbarrow. . . . I never remember anything approaching to the storm that has been raging since yesterday. The Duchess kindly sent me in the afternoon to see Miss N. at Birk Hall."

Abergeldie, October 5th.

"Miss Nightingale has remained, and yesterday came to dine and sleep at Balmoral. It was delightful to see her there, and how the Queen and Prince listened to and spoke with her. The Queen showed her a whole book of photographs she has had done of the wounded and the most distinguished soldiers, with a notice of each,

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