

apparently once they take it up they do not leave it. Stewardesses work very hard indeed and for long hours, and as many new boats are coming off the stocks in Belfast and Liverpool, there will be vacancies for staff in the near future. We hope Nurses will only do nursing! Especially in view of the present shortage.

To-morrow, being Sunday, there will be church services in various parts of the ship, and as the last tender leaves the boat at 10 a.m., I cannot send any description of life at sea until we reach New York. And so *au revoir*. G. M. H.

HEALTH CONGRESS AT TORQUAY.

The Royal Sanitary Institute announce that their Health Congress will be held at Torquay from June 2nd to 6th, 1947.

The president of the Congress, the Right Hon. the Earl Fortescue, Lord Lieutenant of Devon, will deliver his address at the inaugural meeting on Monday, June 2nd.

The attendance of delegates from overseas will restore to the Health Congress, the international flavour that it possessed in pre-war days.

Many of the dominion and colonial Governments, cities and universities and protectorates will be represented.

From Government departments, local authorities and public bodies in the British Isles there will be about 2,000 delegates. It is probable that with the addition of members of the Institute and others present, the total attendance will be about 2,500.

The subjects to be considered cover a wide field.

Two days will be devoted to a discussion on Infantile Mortality in the Section of Maternal and Child Health.

Of particular interest to many of the visitors from overseas will be a discussion on "The Practical Application of Recent Advances in Tropical Medicine and Hygiene to Rural Tropical Areas," which will include a description of anopheles eradication in Cyprus.

MATERIA MEDICA FOR NURSES.

A TEXTBOOK OF DRUGS AND THERAPEUTICS*
By W. Gordon Sears, M.D. (Lond.), M.R.C.P. (Lond.).

Nurses whether they are in training or fully fledged Registered Nurses, should not feel their bookshelf is complete without this unique work "Materia Medica for Nurses," by Gordon Sears, of which the second edition has just been published.

This new edition is a mine of information and guidance on drugs and therapeutic procedure, and all sections have been brought up to date in accordance with various B.P. addenda, and a new section on Penicillin, based on a pamphlet issued by the Ministry of Health, has been added. The student will find a comprehensive study setting forth in minute detail every aspect of the importance of drugs, their origin—terminology, the legal control of drugs, the Dangerous Drugs Act (D.D.A.), Poisons Act and Rules, therapeutics, their effect and their danger—to weights and measures.

Under the action of drugs—we read:—"Idiosyncrasy may be defined as an abnormal or unusual response to a normal dose of a drug—(The word is derived from the Greek: idios=one's own syncrasis=blending) it is only met with in isolated cases but, in such instances, an ordinary dose may produce toxic symptoms which are unpleasant, alarming or even dangerous. There is no known explanation of this abnormal sensitivity and the symptoms manifested are frequently similar to those seen when an over-dose of the drug has been taken by a normal person."

Some psychological effects of drugs acting on the nervous system are pointed out—*i.e.*, morphine is one of the most important substances responsible for drug addiction. While in the Western Hemisphere the habit of opium smoking is rare, it has not been entirely stamped out in the East in

* Messrs. Edward Arnold & Co., London, W.1. Price 5/- net.

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