

BOOKS AND REVIEWS

reported in 1967. No vaccine has yet been developed as an effective preventive measure. The plague does not seem to be spreading internationally, but vigilance is necessary.

Yellow fever still occurs in tropical Africa and America; an outbreak in Ethiopia caused over 3,000 deaths in 1961. Yet yellow fever vaccine affords complete protection.

Smallpox seems to be rising again. Here again proper vaccination is effective and WHO is tightening up the regulations. The International Certificate of Vaccination against smallpox now requires vaccine up to WHO standards and the origin and batch number of vaccine used; a doctor's signature is also needed.

Cholera is on the march and in Asia it has been reported from the Philippines in the East to Iran and Iraq in the West. Vaccines are only partially effective.

WHO constantly reviews the International Sanitary Regulations in an attempt to keep them abreast of world conditions. The new health regulations for international trade and travel will go into effect, if approved by the World Health Assembly, as of May 1968. They will extend medical health services not only in international ports and airports but inland wherever large movements of population occur. The object remains to speed trade and travel while safeguarding health.

Relations between Nurses and Nursing Aids, *Revue suisse des infirmières, Berne, May 1967.*

... The nursing aid takes over at the sick person's bedside, having, like the nurse, to comply with his or her needs, but she has to do this immediately and give satisfaction in essential matters. She leaves it to the nurse to make use of complicated appliances, the handling of difficult techniques, the planning of long-term treatment, administrative questions and the mastery of intricate situations. She is responsible for matters of hygiene and comfort, for seeing that correct posture is maintained, the feeding of the helpless patient, the prevention of bed-sores and their treatment, as long as these do not develop into wide-spread infection, and the moving of the aged. She also has to keep close observation, give accurate reports of what she sees and also encourage the sick in normal life outside, or at least to limit the effects of damage. However, and this is only fair, she has permanent contact with the sick person and all the satisfaction which that can give her, the pleasure of being immediately appreciated, because the benefits which she obtains are immediate, the noting of some progress in the patient, often not very evident but a cause for much encouragement. If this has not been achieved, at least deterioration has been arrested.

There are two attitudes which are to be avoided between nurses and nursing aids who meet each other only too frequently. The first consists in regarding the nursing aid as having wandered from the only possible path of salvation, that of nursing studies, because she wants to give her care . . . As opposed to this is the attitude of condescension, or even of barely veiled disdain, towards someone of a lower mental calibre.

One can but hope that this is merely a question of ignorance and not an expression of frustration, to use a current fashionable term.

At all events, the nursing aid should always be treated as someone commanding respect. This of course also applies to the sick. The nursing aid is indeed an adult person, warm hearted and full of common-sense, with an open mind. She may say little, but she thinks all the more.

She will be entirely content in her work and feel that she is in the right place, provided that a place is made for her, or rather that she is given her proper place and that she is left to accomplish the work for which she has been prepared. Neither more, nor less.

She will expand in proportion to the extent with which she is appreciated and the more she fulfils herself the more efficient will she be.

The nurse can make a direct contribution to this expansion by using a method within her reach, which is most simple, but which has proved successful on numerous occasions, on condition that this takes place in a genuine atmosphere. This should be by direct communication between two human beings.