

twelve) and the *top* of the window (which should be kept a few inches open all day and, weather permitting, all night). The entrances for fresh air are the *bottom* of the window, which should be opened at least once in the day, and the door, which is of course being constantly opened. A great deal goes to the relative positions of window, fire-grate and door as regards our ventilating arrangements, as to whether or not we can get a direct current of air through the bed-room, which should be done once a day—say at noon—and can only be effectually carried out when the door and the window are in a line with each other. Sometimes the door is opposite the fire-place, which may give us a draught of air through the room, but nothing at all so good as the former arrangement; and worst of all, we sometimes have the door at one end of the room, and the window at the opposite side of the room, but quite out of line with the door, as also may be the fire-place, and thus our ventilating plans are interfered with, but we must still open the door *and* window both at once some time during the day. One of the advantages of getting a good supply of fresh air into your patient's room at least once in the day is its important influence in inducing sleep, for I am sure that one cause of insomnia is foul air; and at night the top of the window should be left open, if the position of the bedstead favours it. Fresh air has also an effect on appetite, and when we consider the importance of food and sleep in aiding convalescence, we should do all we possibly can to promote the thorough ventilation of the bed-room.

Nor must we overlook *outside* measures. You may often, for instance, be able to keep the landing, if you cannot the bedroom, window open, and that, too, at night, and by this means get fresh air at the door every time it is opened. You can well understand that ventilating difficulties are far more present in town than country houses. In the former it is often hard to get fresh air enough for our patients; in the latter we may have too much, and you have to protect them from "draughts." In most town houses one roof covers all the drainage of the house; perhaps none of the drains are trapped; so at night, when doors and windows are closed, you can realise the "situation." If the staircase windows had ventilating panes in them—*i.e.*, glass put in slant fashion like venetian blinds—and the fanlight over the front door were fixed on a swivel and kept open all night, the house might be fairly ventilated. It is inconceivable that people should shut out the night air, the purest of the whole twenty-four for town dwellers.

I have dwelt upon the hygienic part of our nursing work I fear somewhat tediously. My

only excuse is its extreme importance. Other Nurses have to face disease at once; *we* have to keep it at bay. A deceased statesman once said, "Precautions never appear so unnecessary as when they are perfectly successful." A great evil is averted, and the cynic cries, "There never was an evil to avert." You must not forget that "getting over" a confinement and "getting well" are two different things, and that good nursing conduces to the latter consummation more than anything else, and without sanitary measures there can be no *good* nursing.

(To be continued.)

BRITISH NURSES' ASSOCIATION.

THE quarterly meeting of the General Council of the above Association was held at 20, Hanover Square, on Friday, the 10th inst. There were twenty-one members present, including Miss Stewart, Mrs. E. Price, Mrs. Robinson, Mrs. Bedford Fenwick, and Miss Wood (Secretary), and Drs. Sturges, Griffiths, Herbert Page, and Bedford Fenwick.

Mr. Herbert Page was in the chair; and Miss Wood opened the meeting by reading the minutes of the last meeting, which were afterwards carried and confirmed.

Dr. Bedford Fenwick then read the report of the Executive Committee, as follows:—

I.—In accordance with the resolutions passed at the last meeting of the Council, a course of six meetings had been arranged to take place during the winter, at 20, Hanover Square, for the reading and discussion of papers upon Nursing subjects. The first of these was held on November 17, when Dr. Cheadle read a very interesting and instructive paper upon the progress of hygiene. A card giving full notice of these meetings has been sent to every Member of the Association.

II.—The annual *Conversazione* was held on December 6, in the Galleries of the Royal Institute of Painters in Water Colours, and in the Princes' Hall. About eight hundred Members and their friends were present. The cost of the entertainment amounted to £107 11s. The receipts for the sale of tickets to Members' friends, and from donations specially given in aid of the expenses, amounted to £107 15s., so that the Association this year not only cleared the entire cost of the *Conversazione*, but has even derived a minute profit from it.

Dr. Fenwick then proposed, and Dr. Griffiths seconded, that Reports I. and II. should be adopted. Carried unanimously.

III.—In the matter of Registration the Executive Committee issued a circular to the Chairmen

[previous page](#)

[next page](#)