

about the room—not even sitting up, and in some cases not even feeding herself—the patient realizes that a new era has begun in her life history. The result is that she appreciates highly the opportunity to feed herself when the permission is given, perhaps after a fortnight or more of denial. At the end of a month or so she sits up a few minutes each day; the time is lengthened; at the end of two months perhaps she is allowed to sit in a chair. Every added privilege is appreciated as never before; liberty never seemed such a boon. It is like the hunger of a convalescent from typhoid fever. The whole aim in life, if you have maintained the case successfully, is now to occupy a sphere that before seemed impossible to attain, and with timely assurance you will have the satisfaction of seeing the patient launched upon the world made over anew. I am not drawing on my imagination or magnifying the results attained. They are matters of actual experience. I have witnessed the most extraordinary cures of what had been given up as hopeless invalids, and it is in these cases that so-called miracles are wrought.

But how is the bodily health maintained during this period of enforced rest and excessive feeding? This brings us to the fourth and fifth divisions already incidentally alluded to.

#### IV.—MASSAGE.

Massage is instituted to establish and maintain a good circulation; to secure nourishment of all the tissues; to prevent coldness of the extremities, and to insure a certain amount of passive exercise each day to compensate for loss of opportunity for voluntary movement. This occupies an hour. It should not be given sooner than an hour after a meal, and should be followed by from one-half to one hour of quiet. There is one point that should be mentioned in regard to massage as well as electricity, and that is that during a menstrual period they should be administered only to the extremities. In some cases massage has given rise to uterine hemorrhage, and the possibility of this should be recognized.

Massage usually becomes more agreeable as the patient has more experience of it. Even the tender spines and sensitive abdomens can be gradually rubbed until these abnormal conditions disappear and are forgotten.

Massage is kept up for six weeks at least, and then the manipulator should spend awhile in exercising the limbs according to the Swedish system. A few movements of extension and flexion, at first assisted, then unassisted, and finally active movements gently resisted by the Nurse are added, and by the seventh week massage is given only on alternate days.

(To be continued.)

## Royal British Nurses' Association.

(Incorporated by Royal Charter.)



THE Ordinary Monthly Meeting of the Registration Board will be held on Friday, the 22nd inst., at 5 p.m., at the Offices of the Corporation, when a large number of applications for Registration will be considered, and other business transacted.

In consequence of many inquiries on the subject, the Registrar begs to avail himself of this column to mention a fact which will perhaps save many other Nurses the trouble of writing for information. It appears to be very generally thought that the Association is about to proclaim a "period of grace" during which those who have had less than three years' Hospital training would be eligible for Registration. This, certainly, might have been the case, as the Privy Council might have made it a condition imposed by the Royal Charter. But as no such provision was ordered, the rule of three years' Hospital work which was previously in force, remains an essential qualification for Registration.

The first of the course of Six Lectures on Elementary Anatomy, which Mr. W. J. Walsham, F.R.C.S., has so kindly consented to deliver, will be held at 3, Hanover Square, W., on Wednesday, January 3rd, 1894, at 8.30 p.m. Admission free to members. One Shilling each lecture to others or Five Shillings for the course.

#### SYNOPSIS OF SIX LECTURES ON ELEMENTARY ANATOMY.

- Lecture I.*—Wednesday, January 3.—The skeleton. Structure and composition of bone. Brief description of various bones.
- Lecture II.*—Wednesday, January 10.—The structure and mechanism of joints. The structure of muscle, with a brief account of the principal muscles.
- Lecture III.*—Wednesday, January 17.—The anatomy of the vascular system, with the course and relation of the main arteries.
- Lecture IV.*—Wednesday, January 24.—The anatomy of the respiratory system. The relations of the thoracic viscera.
- Lecture V.*—Wednesday, January 31.—The anatomy of the digestive system. The position of the abdominal and pelvic viscera, with a short account of the kidney.
- Lecture VI.*—Thursday, February 8.—The anatomy of the nervous system, with a brief account of the eye and ear.

DAISY ROBINS,  
Secretary and Registrar

AN EXCELLENT CHRISTMAS PLUM PUDDING.—Take three-quarters of a pound of flour, two ounces of Borwick's Gold Medal Baking Powder, two ounces of bread crumbs, one and a half pounds of suet, two pounds of raisins, one pound of currants, ten ounces of sugar, two ounces of almonds, one pound of mixed candied peel, salt and spice to taste, mix ingredients well together, and add six eggs well beaten, and three-quarters of a pint of milk, divide in two and boil eight hours. This receipt is unequalled.

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