

We are of opinion that the most effective way of loosening the purse strings of the public will be to give the utmost publicity to the methods employed in the distribution of the Fund.

#### LEGISLATION FOR NURSES.

It will be remembered that the Graduate Nurses Protective Association of New York State has been applying for legal powers, with the view of protecting the interests of graduate nurses. The articles of incorporation of this association have now been filed. All legislation for nurses is of importance, as evincing their desire for definite status, and the fact that the promoters of the Graduate Nurses' Association have succeeded in obtaining incorporation is therefore of interest. At the same time, we believe there is a wide-spread feeling in the States that the Association is not organised on lines which are altogether wise, and therefore it is not a matter for unqualified satisfaction that important powers should be granted to it. We have before stated our opinion, that the American Society of Superintendents of Training Schools and the National Society of Associated Alumnae, which is representative of the interests of graduate nurses, are the bodies which should naturally be referred to as being representative of expert opinion, and practical knowledge in nursing matters in the States, when there is any suggestion of legislation for nurses, and which should guide the progress of the nursing profession in the States.

American nurses will, we anticipate, be tenacious as to their right to self-government. This much, at least, they have learnt from watching nursing politics in this country. The Royal British Nurses' Association, although its fundamental principle has been foresworn by those at present in official positions, is at least useful as serving as a beacon to warn other associations of nurses from the rocks on which the R. B. N. A.—launched just 10 years ago, with such high hopes—has foundered.

We hope, however, that the objects, which the Protective Association is formed to attain, may be fulfilled; they are:—

The protection of regularly graduated nurses.

The foundation and maintenance of a hospital for nurses.

The foundation of a home for aged and infirm nurses in connection with the hospital.

The foundation of a Post Graduate School. All of these are laudable objects, if carried out in a judicious manner.

### Heart Disease.

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THEN we have the same condition of congestion and engorgement of the vessels in the general veins of the body produced; and we find the blueness of the face and lips, of the fingers and of the feet, which show that the blood is being obstructed in its passage out of the veins in those parts. And as it is upon the skin, so it is in the deeper tissues.

All the organs of the body become overloaded with blood, and, therefore, their various functions are more or less interfered with. The Liver is the first organ to suffer from the difficulty to the flow of blood from the veins into the heart, and so it becomes engorged and "congested." It thus becomes swollen, and its work in the excretion of bile is hindered. The consequence is that such patients suffer from frequent "bilious attacks," and, indeed, it is by no means unusual for patients to seek advice for the liver derangement and for the heart mischief then for the first time to be discovered. In like manner, the vessels of the Stomach become over-loaded, and so there is produced congestion of that organ with the necessary disturbance in its functions, and so such patients complain of an increasing amount of nausea and various digestive troubles, and often have attacks of vomiting. The latter symptom is especially important, because it so often denotes failure of strength. When the heart has been overtaxed, as, for example, by severe exertion, or its action has been affected by nerve disturbance, everyone knows how frequently an attack of vomiting is the first result. It is, in fact, Nature's method of relief, because the irritated vessels of the stomach exude or perspire some of the watery part of the blood into the organ, and thus the tension on the overfull blood vessels is relieved, and the pressure on the heart is lessened. But the irritated stomach rejects whatever food it contains, together with this watery fluid; and so it is an important fact for a doctor to know, and therefore for the nurse to note and report, the character of the matter which is expelled in vomiting. As a general rule in such cases, for the reason which has been given, there is a large amount of fluid mixed with the half-

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