

as near to the pylorus as possible in order that the tube through which the food is injected may be passed directly into the duodenum.

#### TREATMENT OF DYSPEPSIA.

Sir T. Lauder Brunton, in the *Clinical Journal*, gives some practical rules for the treatment of dyspepsia. Most of the rules are well known; for instance, he emphasizes the recommendations that meat should be chewed frequently (32 times, once for each tooth) before being swallowed, and that fluids should be taken towards the end of a meal, and then only in limited quantity. He considers, however, that the taking of fluids interferes less with the digestion of farinaceous food than of proteid food. A more novel suggestion of the author is that each meal should consist exclusively of one kind of food; for instance, at breakfast and tea the food should be *exclusively* farinaceous, while at lunch and dinner it should be *exclusively* proteid. By this arrangement the digestive organs are taxed in one direction at a time, and Sir T. Lauder Brunton finds that many cases of dyspepsia can be cured in this manner. Another useful suggestion is that fluids (in the form of hot water) should be taken, not with the meals, but between the meals, *i.e.*, about three hours after each principal meal, the object being to wash into the duodenum the remains of one meal before the next meal is introduced. Another useful hint concerns the administration of bitters. If the stomach digestion is merely weak, it is better to give a bitter such as Calumba, which contains no tannin; but if any catarrh of the stomach be present, it is better to prescribe one such as gentian, which contains tannin; and will, therefore, act as an astringent on the swollen cells of the mucous membrane.

#### GOLDEN RULES OF SKIN PRACTICE.

The eighth booklet of the Golden Rule Series, published by Messrs. John Wright & Co., of Bristol, deals with the "Golden Rules of Skin Practice," and is written by Dr. David Walsh, Hon. Physician to the Western Skin Hospital, London. The price is 1/-. Though not intended primarily for nurses, these little books contain in a concise form much information which is of use to them, and we should advise them to add the last of the series to their private libraries.

## Matrons in Council.



A MEETING of the Matrons' Council was held at the Matron's House, St. Bartholomew's Hospital, on Thursday, November 1st, at 4 p.m. Miss Isla Stewart, the President, was in the chair. The minutes of the previous meeting were read and confirmed. The report presented by the Executive Committee to the Council was then read by the Hon. Secretary as follows:—

#### REPORT OF THE EXECUTIVE COMMITTEE.

The Executive Committee have the honour to report to the Council that at the Annual Conference held in July the attendance both of members and of the public was quite up to the standard of former years. The papers presented attracted considerable attention in the press. Outside our own members our thanks are due to Mrs. J. A. Crawford, Dr. Toogood, and the Comte de Cardi for the papers which they presented.

The Resolution unanimously passed on that occasion urging that "all Government Offices dealing with the nursing of the sick should be organized on an efficient professional basis, and should include a nursing department, the management of which should be under the direction of a trained and certificated nurse," was forwarded to Lord Lansdowne, Secretary of State for War, Mr. Goschen, First Lord of the Admiralty, and the Presidents of the Local Government Boards in Great Britain and Ireland, Mr. Chaplin (England), Lord Balfour of Burleigh (Scotland), and the Chief Secretary for Ireland. The letters acknowledging its receipt are before the meeting to-day.

The Resolution passed unanimously in favour of State Registration of Trained Nurses was forwarded to the Chairmen of the twelve London Training Schools, to the President of the General Medical Council, the Presidents of the Colleges of Physicians and Surgeons in England, Scotland, and Ireland. The answers received are before the meeting to-day.

At the business meeting of the Matrons' Council, held on July 6th, 1900, the Draft Constitution of the National Council of Nurses of Great Britain and Ireland was fully discussed. Some alterations were suggested, and the Constitution was referred back to the Executive Committee for this purpose. Three new members, Miss S. I. Glanville, Matron of the Bromley and Beckenham Joint Hospital, now Matron of the Lewisham Infirmary, Miss Ellen Buxton, Matron of the Park Hospital, and Miss M. Deane, Matron of the East Suffolk Hospital, Ipswich, were elected at this meeting. At the time of the appointment of the Hospitals Commission for South Africa the Hon. Secretary of the Council wrote to Mr. Burdett-Coutts, M.P., Mr. Arthur Balfour, First Lord of the Treasury, and Sir Henry Campbell-Bannerman, M.P., urging that a

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