

head trouble hang it from the head of the bed. See that the lint next to the patient is kept dry, and that ice is kept in the bag. If the ice is allowed to entirely melt the water begins to warm directly, and this does more harm than good.

Ice-poultice.—To make this have a piece of gutta-percha tissue a little more than twice the size of the poultice required, line it with a thin layer of absorbent wool not quite as large; cover one half of it with pieces of clean ice about as large as "Barcelona nuts" bring the other half over the ice, sealing the edges with chloroform, ether or turpentine. The length of time it will last depends on the temperature of the part to which it is applied—a little salt mixed with the ice helps to keep it from melting so quickly—as with the ice-bag do not let the ice entirely melt, or the good done will be undone. Carefully used the gutta-percha tissue will last for several poultices, and as this is expensive care should be taken.

A nurse should remember that extreme cold freezes the tissues, and if applied too long they would turn gangrenous and die, hence the necessity to watch for any symptoms, extreme pain being one of the first.

To stimulate patients after poisoning with opium, etc., use a towel well moistened in cold water and vigorously apply it to the bare chest.

Cold water dashed on hysterical patients quickly revives them.

Cold baths first thing in the morning are invigorating to those who can stand them, and act as a tonic. "ZERO."

Progress of State Registration.

The *Scotsman* of Monday last publishes an excellent article on the scheme of the Scottish Local Government Board for the training, examination and certification of nurses in Scottish Poorhouses.

In a subsequent letter Miss E. S. Haldane, LL.D., Chairman of the Scottish Branch of the Society for the State Registration of Trained Nurses, says:—"We may have reason to trust that the step will be followed by the larger one of registering, by State diploma, all nurses who have qualified themselves by at least three years' training, and undergone the necessary examinations. The report of the Committee, presided over by Mr. Tennant, gave so clear a deliverance on the desirability of this step that the action of the Government in the matter is anxiously awaited."

The Matrons' Council.



The Annual Meeting of the Matrons' Council was held at 431, Oxford Street, London, W., on Thursday, January 31st., at 4 p.m. Miss Isla Stewart, President, was in the chair, and there was a good attendance of members. The minutes of the last meeting having been read and confirmed, the Hon. Secretary presented the following Report for the consideration of the Council.

ANNUAL REPORT.

The Matrons' Council has, during the past year, had the pleasure of seeing the growth in organisation and influence of three societies which were founded originally on its initiative, the preliminary arrangements of which were the result of much hard work on the part of the Council and its sub-committees.

It was at the second Annual Conference of the Matrons' Council on July 1st, 1899, that Mrs. Bedford Fenwick, after consultation with the President, brought forward her proposition:—

"That steps be taken to organise an International Council of Nurses."

The resolution was seconded from the Chair by the President, Miss Isla Stewart, supported by Miss Huxley, and carried unanimously. The next day the majority of the foreign nurses then in London met by the invitation of Miss Isla Stewart, and a Provisional International Committee was constituted. The English members were deputed to draft a suggested Constitution which was then sent round to all the International members for criticism, and, after full discussion, this was adopted in 1900, when Mrs. Bedford Fenwick on the international vote was unanimously elected its first President. Three National Associations of nurses are now affiliated to the Council, the American Federation of Nurses, the German Nurses' Association, and the Provisional Committee of the National Council of Nurses of Great Britain and Ireland, numbering collectively about 15,000 to 16,000 nurses.

The Council has held two very successful international meetings, the first in Buffalo, U.S.A., in 1901, the second in Berlin in 1904. This year it is organising an International

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