

(3) To affiliate with other national councils of women for the purpose of facilitating international conference and co-operation.

The plan proposed by the Honorary Secretary has been accepted, and the National Council of this country will be organised in four main Divisions, viz., (1) Industrial; (2) Professional; (3) Social, and (4) Political. Each of these will be sub-divided into as many Sections as may seem to be advisable. For example, the professional division will include a Medical, a Nursing, a Literary, an Artists', a Dramatic, and other sections. Each section will be composed of delegates appointed by organised Societies of Women engaged in its special branch of work; of distinguished women, elected by the Council, and termed Councillors; and of representative women interested in the work of the section, but not delegated by any organised Society. The sections will meet as often as may be necessary to discuss matters relating to their special branch of work, and will each year hold a Congress for the discussion of important subjects. They will collect information relating to their special work from all their constituent Societies, and from the Councils of all other nations, and thus will form a centre from which invaluable information and assistance can be obtained.

The Nursing Section is now being formed, and it is hoped that it will in time be able to draw together all those Societies which are working in this important field, and thus prevent much of the overlapping and waste of valuable efforts which at present are inevitable, in consequence of each Society working by and for itself, and without communication with, or accurate knowledge of the results obtained by, similar Societies engaged elsewhere in the same field of work. We shall have the pleasure of explaining in these columns, at an early date, the rapid progress which is being made with the organisation of the Council. Representative women have consented to act as President and Vice-President of the Council, or to undertake the formation of their respective sections, and the Council will be able to hold a public meeting in February next in order to explain its constitution and objects.

It is of much importance that the Council should, as soon as possible, commence its work, seeing that the International Council will, in 1898, hold its next meeting in London, and it is most necessary that so great and important a meeting as is expected should be carefully and thoroughly organised by its hostess. The Countess of Aberdeen, who is organising the National Council of Women in Canada, has achieved a remarkable measure of success, and equally favourable results are reported from New Zealand and other British colonies. By

the year 1898, it is hoped that the women in every part of the British Empire will be thus united together, and be prepared to take their part, therefore, in an Imperial as well as in an International gathering, which should be not only a striking illustration of the advances which have been made in women's work and organisation during the nineteenth century, but which should also prove the importance to which the work of women has attained in the British Empire, during the great Victorian era.

Lectures on Elementary Physiology in relation to Medical Nursing.

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LECTURE II.—THE LUNGS AND THROAT.

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WITH appropriate treatment, the slough is finally thrown off, and a greater or less extent of raw flesh is left, which, with proper care and the prevention of further pressure, will gradually become healed by the development of new tissue, and when the latter rises to the level of the surrounding skin it will become gradually covered by a new layer of the integument.

But in this matter, as in most others, prevention is infinitely better than cure; and not only, therefore, in order to prevent the formation of a bed-sore, but also to attain a cure as rapidly as possible when a bed-sore has been formed, it is of the first importance to prevent the continuance of the injurious pressure. It is, therefore, in these cases that a properly shaped air or water pillow is of such value; but such an appliance must fit the patient, or it is worse than useless. In general terms, the pressure of the bed upon the bony surfaces has to be prevented; the inflated portion of the appliance must therefore accurately support such prominences, and if there be any tendency to redness, all pressure must be prevented by means of a cavity or depression in the surface of the pillow.

In nursing any bed-ridden patient, therefore, it is of the first importance that the Nurse should watch the condition of the back from the very first, and even before a preliminary blush shows itself, she must take precautionary measures for its prevention. The back, therefore, of all bed-ridden patients should be kept CLEAN and DRY. Uncleanliness or moisture are the best assistants to pressure in the formation of a bed-sore. When a patient is likely to be confined to bed, and is too helpless to move himself from side to side, he should, as a general

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