

which, we understand, are at present unsettled, the proposed scheme, if carried out, should make the American Association of Nurses a most powerful body. It will be locally strong—in organisation, numbers, and *esprit de corps*—and by the number of Societies which are thus joined together, and the aggregation of many local units, it will obtain national strength and unity of purpose. For the benefit of the Nurses, individually, the scheme will doubtless be most valuable, because each worker will combine with her old friends and fellow pupils for the attainment of common ends, and the feeling of *esprit de corps* in each particular Nursing school will certainly be greatly fostered by such local combination. It is probable that the proposed scheme, if effected, will ultimately concentrate the entire power of the Nursing profession of the United States in the hands of the governing body of this Association; and as the basis of representation is so liberal, no doubt such a result will be most satisfactory to the rank and file of the profession. The Association will not include medical men or any lay persons amongst its members, as it was opined that if medical men were included they would either swamp the Nurses, or themselves be swamped, which might lead to disorganisation.

We are given to understand that this advice has even been given by medical men who consider that American women are so well educated in habits of business that they are well able to manage their own Societies without assistance. We are also informed that the Managers of Hospitals will be approached by delegates when it becomes necessary that the views and opinions of the Nurses should be brought to their notice, and their co-operation invited. All honour is due to the charitable gentlemen who devote so much time, attention, and trouble in conducting the business of Hospitals and Infirmaries; but they are for the most part engaged in various lay occupations, and cannot hold expert opinions on medical or Nursing matters. And, therefore, in the management of a professional organisation they could not, and, probably would themselves prefer not to take an active part. We congratulate our American colleagues on the recognised status of women in the States, which makes it possible for them to organise on so dignified and sure a foundation.

## Lectures on Elementary Physiology in relation to Medical Nursing.

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### LECTURE III.—DIGESTION AND INDIGESTION.

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SO the first principle in the Nursing of patients suffering from ulceration of the stomach is to give the organ and, therefore, the ulcerated surface, as compete rest as possible. Remembering the action which takes place in the stomach when food is placed within it—first, the increased flow of blood into the vessels of the organ, then the pouring out of the acid gastric juice, and then the constant movement of the stomach upon its contents, moving these round and round, until they are ready for transmission into the duodenum—it will become evident that the healing of any wound in the wall of the organ must be most difficult under such conditions; and that to give the patient an ordinary meal would mean a greater chance of hæmorrhage from the ulcer, a greater irritation of its surface from the gastric juice and the particles of food, and a continual re-opening of the healing surface by the movements of the stomach walls around it. It is, therefore, of the first importance in these cases to restrict the diet; and, indeed, the most successful and the most common-sense plan of treatment—when this can be carried out—is to give no food at all by the mouth, and thus to keep the stomach at perfect rest. Such patients are fed by nutrient enemata of such materials as the doctor may direct, and in recent times great improvements in this direction have been made by the introduction of solid concentrated foods in the shape of suppositories, which can be introduced into the rectum with much less irritation to the patient, and can be retained with much greater facility and usefulness than the fluid injections which were formerly given.

It is important for Nurses to remember, however, that it is not the ordinary function of the rectum to absorb nourishment, and that, therefore, if certain precautions are not taken, the bowel may become irritated and consequently unable to perform the duty thus thrown upon it. It is a good rule, therefore, to use the suppositories or enemata at regular

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