

may already be regarded as certain. Until the present time, nearly three hundred Nursing Associations, situated in every part of the United Kingdom, have been affiliated to, and are working in connection with, the Institute, so that the elevating and energising influence of the central organisation has already penetrated into every part of the Kingdom, and has been the means of carrying untold benefits to hundreds of thousands of Her Majesty's poorest subjects in their hours of sickness and suffering.

There can be no doubt that the gracious reception of her "Nurses" by the Queen will not only tend to increase the individual interest and pride which these women take in their work, but will be the means also of extending and fostering public sympathy with, and co-operation in, the beneficent operations of the Institute. The funds at its disposal are, it is well known, so small as to greatly restrict the work which it might otherwise most usefully carry out; and it may fairly be hoped that the public will be incited to follow their Sovereign's example, and to give freely to the sustentation and extension of its organisation in the form of donations or annual subscriptions to the Institute.

The reception at Windsor will appeal to many, as one more, and a most striking, evidence of the increasing interest which is felt in the Nursing profession. Nurses are content to work harder perhaps than any other class of women; certainly under conditions more depressing both to mind and body than those to which any other women workers are subjected; for remuneration which, at the best, is small; and without any hope of further reward or recognition, except that which comes from a consciousness of work which has been well and loyally done. The public expressions of satisfaction and approval which have been recently given are therefore not only gratifying to Nurses, but they also act as an excellent stimulant to further efforts.

The improvements which have been made in the last eight years, in the training of the "Queen's Nurses" have been very great. When the Institute commenced its work it was thought advisable to enforce only a comparatively low standard of training, but this has been gradually raised and improved, especially in Scotland, where the modern system of education is, we believe, now generally demanded from those desiring to undertake district work; and there is good reason to hope that, within a

brief space of time, the training required from women before they are enrolled as "Queen's Nurses" will, in England, Wales, and Ireland, also, be that which is generally recognised at the present day as essential for a thoroughly trained Nurse.

Meanwhile it is no exaggeration to say that the whole Nursing profession feels honoured by the gracious compliment paid to some of its members by their venerated and beloved Queen, and that it deems the kindly and gracious sympathy and interest always evinced by Her Majesty in their work the greatest encouragement and incentive which Nurses could receive.

Lectures on Elementary Physiology in relation to Medical Nursing.

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LECTURE IV.—THE EXCRETORY ORGANS.

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IN many cases, its soothing influence may be most harmful; because, for example, by weakening nerve power, it diminishes muscular action—a fact which shows itself in the wasted muscles of the confirmed opium eater. Both in the healthy and the sick, by interfering with the muscular action of the intestines, Opium causes constipation or even obstruction of the bowels. Upon the kidneys, Opium exerts a particularly baneful effect, inasmuch as, by lessening the activity of their nerves, it prevents them from excreting from the system, Urea and other poisonous products and even a proper quantity of water. It is therefore a general rule amongst medical men not to give opium or morphia to patients suffering from kidney disease—a point upon which too much stress cannot be laid, as, unhappily, there have been instances in which Nurses, ignorant of this fact, have administered by mistake, medicines containing these drugs to patients suffering from kidney disease, with, at any rate, most alarming effects.

If by any accident, then, such medicines have been taken, the extreme contraction of the pupil of the eye, which is the most marked sign of poisoning by opium, speedily

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