

REMUNERATION.

Thirdly, there is no doubt that both Nurses and the general public are becoming more and more alive to the fact that Nurse-sweating under any circumstances and for whatever ends is unjustifiable, and is consequently a system which is doomed to failure. Self-dependence and self-respect are virtues which all true women prize highly, and it is only right that Nurses should be in a position to attain them. We have, therefore, always advocated that *the earnings of private Nurses should go directly to the Nurses themselves*, and that after a small percentage has been deducted for necessary working expenses, they should receive the whole of their fees. In our opinion it is reprehensible, and unjustifiable to devote the earnings of private Nurses to any other object, no matter how excellent intrinsically such an object may be. If a Nurse works twenty years at private Nursing, and puts aside fifty pounds a year (and few private Nurses are able to save this sum), this will only ensure to her a very moderate competence upon which to live when active work is past, and she is entitled to rest and comfort in an honourable old age. We would remind our readers also that it is undoubtedly the duty of private Nurses who receive their own fees to make provision for the future, although this may necessitate abstaining from indulgence in some luxuries in the present.

In conclusion, we once more invite our readers to co-operate with us, and to disseminate these principles, and in the belief that they will do this, and that 1897 will be a year of much Nursing progress, we hopefully launch the NURSING RECORD once more into the unknown sea of another year.

The Home of Rest.

We have received a Christmas-Box of £5 for the funds of Sir Julian Goldsmid's Home of Rest for Nurses at Brighton, from Miss C. B. Walker, M.R.B.N.A. Miss Walker, who has been a visitor at the Home, sends this most generous gift as a mark of her appreciation of its comfort and usefulness to Nurses. We hear that a most Merry Christmas was enjoyed by those Nurses who were at leisure and able to spend a few days at the Home at that season, and nearly a hundred messages of goodwill reached the Matron on the occasion. What do those Nurses think who appreciate the Home of making some special effort to raise an endowment fund for it, in commemoration of the "Great Sixtieth Year"?

Lectures on Elementary Physiology, in relation to Medical Nursing.

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LECTURE V.—THE NERVOUS SYSTEM.

(Continued from page 511.)

DISEASES of the brain may be briefly said to be most common at the two extremes of life; in childhood, when growth is rapid and disease is usually acute; and in old age, when degeneration is in progress, and diseases follow a more chronic type. So with the exception of cases of injury which of course occur more frequently in middle life—such, for example, as fracture of the skull or direct injuries to the brain from blows or falls, or bullet wounds, and all of which require to be nursed upon the same general principles of rest, quiet, cleanliness, and proper feeding—we come next to the diseases which are most common in old age.

Speaking generally, these are due to the gradual decay of the nervous tissues which takes place in advancing years, as part of the general process of retrogression in which every part of the body shares. But they are characterised by this marked difference, that whereas in the other tissues degeneration goes on by slow and gradual process until the wearing out is complete and the tissue ceases to fulfil its functions; in the brain, the change from apparent activity to complete loss of power may be, and in fact very often is, extremely sudden. This is due for the most part to the fact that hardening of the walls of the blood vessels of the brain, similar to those changes which occur in the vessels elsewhere, lead in the former case to rupture of the arteries, to blocking in the vessels, or to some other interference with the efficiency of the circulation through the organ. Whenever such changes occur, the first result is either that the brain—insufficiently supplied with blood—becomes softened and then degenerated, or if a quantity of blood is poured out of the vessels into the substance of the brain an active destruction of the latter is at once produced.

[previous page](#)

[next page](#)