

milk. Putting this theoretical knowledge to practical use, it has been found that a large number of children who were suffering from various digestive troubles and quite unable to take milk in the ordinary form, were able to do so and were well nourished when it was given to them with a small quantity of Somatose. The practical point, therefore, is one which is well worthy to be remembered, and it also explains why beef tea made with milk, which practical people know to be so invaluable for many invalids, has such special nutritive qualities. It would, therefore, seem probable that many infants unable to take ordinary milk might be able to digest it if a small piece of beef or mutton had been boiled in it, because Somatose, of course, is not always obtainable at the moment. An old fashioned and very valuable food for children and invalids is milk in which a large piece of mutton or beef fat has been dissolved by boiling, thus forming a creamy and most nutritious form of food; and perhaps once more the advantage of the albumen in making the milk more digestible is again exemplified in this ancient remedy for consumption and other wasting diseases.

HEADACHES IN EPILEPSY.

ONE of the most distressing after-consequences of epilepsy is the headache which so frequently follows the convulsive attacks. It is almost invariably present and referred to the forehead. It is generally explained by the extreme nerve exhaustion which follows the violent convulsions, and which are undoubtedly due to what has been aptly described as a "nerve storm." When the nerve power of the brain has been exhausted in any way, a headache is the familiar and common result, and the frontal headache is perhaps the most common symptom complained of by the brain worker. So the headache of epilepsy is severe or slight almost in direct proportion to the amount of sleep which is obtained after an attack. It is well known that in the majority of cases the patient on recovering consciousness, complains of great drowsiness and then falls into a heavy sleep. Formerly, it was believed that this was a serious symptom, and efforts were and still are made by friends and relations to keep the patient awake. But medical men recognize that sleep is virtually "Nature's sweet restorer," and that it is the best possible restorative for the exhausted nerve centres.

The Better Organization of the Nursing Profession.

By MRS. BEDFORD FENWICK.

Read by invitation at the Annual Conference of the National Union of Women Workers, at Croydon, Wednesday, October 27th, 1897.

WHEN I received the request to read a paper before this Meeting on the subject of "The Better Organization of the Nursing Profession," I was irresistibly reminded of the famous chapter which was written "Concerning Snakes in Ireland," and the opening words of which were "There are no Snakes in Ireland." Because it is a serious fact that at the present time there is no real organization of the Nursing profession in this or in any other country. Earnest efforts have been made during the last ten years in the United Kingdom, in Holland, and in the United States, to bring about some system of union amongst nurses, in order thereby to effect some organization of their profession; and it appears to most thoughtful people who are acquainted with the present condition of affairs, that it is essential for the welfare of the public and for the real efficiency and usefulness of nurses that the profession should be organized upon lines similar to those which exist in other skilled vocations. They will probably be accepted as axioms that a nurse should be thoroughly educated in the duties of her calling, so that she may be able properly to undertake the care of the sick committed to her charge; and that, after she has been trained, she should be subject to some professional control and discipline, for the protection of the public, should she subsequently prove to be unworthy of the trust reposed in her; that, in fact, she should be given a recognized legal status, with definite legal responsibilities.

But, as a matter of fact, it has been publicly attested by the leading members of both the medical and nursing professions, that, at the present time, any woman, even if she be destitute of knowledge or of moral character, can term herself a trained nurse, can obtain employment in that capacity, and can, therefore, bring much danger to the sick, and discredit to the vocation of nursing. There are more than one hundred Hospitals in the United Kingdom which undertake to train nurses, and in hardly two of these is the system of education identical; while, in the great majority, it must be truthfully confessed that there is really no satisfactory educational system at all, and that the pupils have to learn what, and how, they can. Finally, there is at present no means whereby any trained nurse who discredits her calling can be prevented from continuing to act in a professional capacity. During the last few months alone, accounts have appeared in the public press of several nurses who have been convicted of theft and of other crimes, and who, on their release

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