

The result of the work now done will, we believe, be to show the necessity for maintaining hospital ships and trains as a permanent part of the Army Medical administration, and as a necessary feature in a properly equipped medical department.

Much that has been said of military nursing must also be said of the naval system; there is need for re-organization of naval nursing also, and both departments should be overhauled and reformed together. One much-needed reform is the establishment of an efficient system for training male nurses instead of the short and desultory training which is all the Army orderlies at present receive. We have an excellent example of well-trained male nurses in those who have recently come to this country from the United States to serve on the *Maine*, and whose services will no doubt be of the greatest value.

COLONIAL NURSING.

The work of the Colonial Nursing Association is steadily increasing, and the constant demand for nurses from various colonies shows the need of such a society. It is noteworthy that there is a great demand from abroad for nurses who are also certified as midwives, and in all the more recent appointments this qualification is a *sine qua non*.

ASYLUM WORKERS.

The Asylum Workers are being aroused to look after their own interests, and by forming deputations—as, for instance, to the Lord Chancellor on the subject of assured pensions—to make their views felt. As there are so many men amongst the asylum workers they are able to bring pressure to bear upon their Parliamentary representatives, and to force upon their attention the industrial aspect of the nursing question in a way which disfranchised women cannot hope to do.

NURSING LITERATURE.

The *Nursing Record* still holds a unique place in this country, and no other nursing publication edited by a trained nurse has so far made its appearance. The *Nursing Record* stands, as it always has done, as the advocate of legal registration for trained nurses and for the establishment of a minimum uniform curriculum of education. It provides its readers with the current news of the week, and it affords them an opportunity for the free discussion of their own affairs, and it endeavours, as always, to maintain a high standard of work and of professional ethics.

The Nursing of Heart Diseases.

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CHAPTER II.

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It is impossible to lay too much stress upon this important fact, because nurses unaware of the nature of the disease, and of the cardinal physiological principles upon which this treatment is based, have been known to yield to patients' urgent demand for fluids; with the natural result that, while relieving his momentary discomfort, worse symptoms have been intensified. Reference has already been made, in these lectures, to the practical methods by which the thirst—experienced by patients deprived of the normal quantity of fluid in their dietary—can be relieved; and it is not too much to say that, by such means and the exercise of a little tact, every patient can be persuaded to submit to the temporary thirst, especially as he will speedily realise the material benefit to himself of the deprivation.

Too much importance, also, cannot be laid upon the extreme need of Rest in these cases, because any movement which causes undue action of the Heart tends not only to increase the irritation of the Pericardium, and the probability of further effusion of fluid, but also the danger of fainting from over-taxing the embarrassed organ.

It is, therefore, a good general rule in these cases to prevent the patient making any movement or undertaking any exertion which the doctor has not expressly sanctioned. And this is an appropriate time to divert for a minute to consider the effects often produced by the act of defæcation on most patients suffering from Heart disease. It needs very slight reflection to show that, while any straining effort may be most injurious to those whose heart's action is materially weakened, on the other hand, any diarrhoea must be even more harmful by its depressing effect. This matter then demands the most careful attention of the nurse and any marked constipation or relaxation must be at once reported to the doctor. And in the latter event, the nurse should always have brandy at hand and if there be any sign of faintness or sudden pallor of the face, administer some at once. For the same reason, medicines of an aperient nature have usually to be given in these cases with the greatest care, and their effect carefully watched and reported; for it can be

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