

nary food. Their loss of nerve power of course diminishes their powers of assimilation, and, moreover, makes them very liable to gastric irritability. Consequently, the administration of Cod-liver Oil to such patients often produces vomiting, or at least much nausea and further disturbance of the appetite. Hæmatogen, on the other hand, especially when given in soda-water, causes no unpleasant eructations or subsequent nausea; and it seems on these practical grounds preferable to the ordinary Cod-liver Oil for these and other nerve cases. It is interesting to observe the comparatively rapid rate at which some of these patients gain weight whilst taking this remedy. This is probably due to the improved nerve condition stimulating their powers of assimilation, as well as to the fact that the remedy appears to act as a direct stimulant to the appetite. Here, again, one observes a superiority to Cod-liver Oil, which, with all its therapeutical value, in too many cases produces more or less distaste for ordinary food, or, at least, a very marked diminution in the amount of nourishment taken by the patient.

Returning to the subject of Neurasthenia, I would finally impress upon you not only the broad distinctions which exist between these different cases of nerve disturbances in women, but also the deduction that it is only by clearly recognising the distinctions both in causation and consequences that these patients can be successfully cured.

Returning from the Front.

The following Nursing Sisters are now on their way home from South Africa:—

In the *German*:—Sisters H. T. Young, C. P. Cash, J. Cameron, and E. K. H. Bowen. Due at Southampton October 20th.

In the *Sardinia*:—Sisters E. H. Hay, E. Hannans, and M. C. Birt. Due at Southampton on October 26th.

In the *Britannic*:—Nursing Sisters N. C. Haine, E. P. Powdrell, and M. J. Robinson. Due at Southampton on October 28th.

The Work of the Army Nursing Board.

Just six months have elapsed since the appointment of the Nursing Board of Queen Alexandra's Imperial Military Nursing Service, which has since been engaged in drawing up the Regulations governing the Service. This work is now complete, and we have pleasure in publishing these Regulations in full in our present and next issues. We shall then take an early opportunity of commenting upon them. We are glad to note several important reforms which will facilitate efficiency in the Service.

Regulations for Admission to the Queen Alexandra's Imperial Military Nursing Service.

I.—CONSTITUTION.

1. The Queen Alexandra's Imperial Military Nursing Service shall consist of:—

- (1) A matron-in-chief,
- (2) Principal matrons,
- (3) Matrons,
- (4) Sisters,
- (5) Staff nurses,
- (6) Such non-commissioned officers and 1st class orderlies of the Royal Army Medical Corps as have been specially recommended.

II.—APPOINTMENT AND QUALIFICATION OF CANDIDATES.

2. Appointments to the Queen Alexandra's Imperial Military Nursing Service shall be given to persons duly qualified, in accordance with the following regulations:—

3. A candidate for the position of staff nurse or sister must be between twenty-five and thirty-five years of age, single or a widow, and possess a certificate of not less than three years' training and service in medical and surgical nursing in a civil hospital recognised by the Advisory Board. She must be of British parentage or a naturalised British subject. The matron-in-chief will be required to satisfy the Nursing Board that, as regards education, character, and social status, she is a fit person to be admitted to Queen Alexandra's Imperial Military Nursing Service. The candidate will be required to fill in a declaration which will be forwarded to her on application, and to produce the following documents:—

- (a.) A certificate of registration of birth; or, if this is not obtainable, a declaration made before a magistrate by one of her parents or former guardians, giving the date of her birth.
- (b.) Recommendations from the matrons of the civil hospital at which she was trained, and of that at which she is serving at time of application.

4. Before being appointed, the candidate will appear before a Sub-Committee of the Nursing Board, which will make recommendations as to her appointment. Should her appointment be decided upon, arrangements will be made for her physical examination.

III.—TERMS OF APPOINTMENT.

5. Staff nurses.—If accepted for service, a staff nurse will be engaged for a period of two years, during the first six months of which her appointment is of a provisional character. A special report will be made at the end of the provisional period, and another on the conclusion of her engagement, as to the staff nurse's work, conduct, and suitability in all respects for the Queen Alexandra's Imperial Military Nursing Service. These special reports will be made by the matron of the hospital, and will be forwarded to the matron-in-chief through the officer in charge of the hospital, to be laid before the Nursing Board.

6. Sisters and matrons.—Sisters and matrons will be recommended by the Nursing Board on the advice of the matron-in-chief.

IV.—DRESS.

7. Members of the Queen Alexandra's Imperial Military Nursing Service will provide themselves with the following uniform:—

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