

Pills.—Perhaps five out of six people take pills without difficulty, the remaining one suffers a perfect torment until the pill is demolished. Water, bread, and many chokes assist the pill homewards. The larger the pill the easier to take, and fortunately now-a-days even the most bitter pill has a sugar coating.

Some unfortunates have the sensation of choking for hours after. In a case like this it is always best to give the drug in another form.

Hypodermic Injections.—This form of giving medicines is now so widely resorted to that everyone ought to understand the instrument, and the best and most speedy ways of using it. If the patient is very ill, either adult or child, there is never any difficulty, as the rapid prick is never felt, but with those who are hyper-sensitive to their surroundings and nervous, it takes all one's tact and ingenuity to calm their fears.

From an aseptic as well as a soothing point of view, the part ought always to be cleansed, ether and methylated is excellent, as the cool friction diverts the patient's thoughts from the pain caused by the prick. Before the needle is removed a gentle rubbing upwards of the index finger assists the fluid to disperse and so lessens the chance of its return on the withdrawal of the instrument. One trusts it is not necessary to add that the needle ought always to be sterile, and ether run through it before use to make certain it is in order. It may be mentioned in passing that such drastic drugs as ether, formic acid, and adrenalin are apt to cause an ulcer if not given deep into the tissues, the buttocks being found to be a favourable area. One other "tip." The needle should be absolutely dry before insertion. It is always a good plan for every nurse to take round with her at medicine-giving time, a dainty tray, with crystal jug of water, slices of lemon or orange on a pretty plate, simple sweetmeats, "acid drops," or barley sugar, and a glass for the mixture. A clean towel and bowl of warm water for cleansing the glass after use must not be forgotten.

Many of us who were ill in our early youth must remember the gay little mugs and cups and saucers our Mothers bought for us; in fact, all the nicest china in the home used to be kept for that trying time!

By some of these ways an otherwise disagreeable five minutes is turned to a happy time of expectation, and even happier realisation.

MARGARET K. STEELE.

Owing to the severe epidemic of enteric fever in Glasgow, many additional nurses have been engaged from Edinburgh.

The National Council of Nurses.

A Meeting of the Provisional Committee of the National Council of Trained Nurses of Great Britain and Ireland was held at 431, Oxford Street, London, W., on Friday, January 31st. The Chairman, Miss G. A. Rogers, who was present, deputed Miss Isla Stewart, who has been working on the Sub-Committee appointed to consider the Draft Constitution, to take the chair. Several members who could not attend wrote or telegraphed expressing good wishes for the success of the meeting. Also the following telegram was received from Berlin: "Best wishes to National Council.—German Nurses' Association."

A Resolution "That a National Council of Nurses for Great Britain and Ireland be now formed" having been carried unanimously, the Draft Constitution, as prepared for consideration by the Sub-Committee, was carefully and earnestly considered by the Delegates clause by clause. Several helpful suggestions were incorporated, and finally the Constitution, proposed by Miss G. A. Rogers, Chairman of the Provisional Committee, and seconded by Miss H. L. Pearse, was read through by the Chairman, and adopted unanimously.

The Constitution, as adopted, is as follows:

THE CONSTITUTION.

ARTICLE I.

Name.

The name of this Association shall be "The National Council of Trained (Registered) Nurses of Great Britain and Ireland."

ARTICLE II.

Objects.

1. To promote mutual understanding and unity between Associations of Trained Nurses in the United Kingdom.
2. Through affiliation with the International Council of Nurses to acquire knowledge of nursing conditions in every country, to encourage a spirit of sympathy with the nurses of other nations, and to afford facilities for National hospitality.
3. To promote the usefulness and honour, the financial, and other interests of the Nursing Profession.

ARTICLE III.

Eligibility.

Associations of Nurses, of not less than 50 members, having the following qualifications, shall be eligible for affiliation with the National Council:—

1. Associations composed of graduates of Schools of Nursing connected with General Hospitals of not less than 50 beds, giving three years' full training in the wards of the hospital and certification after examination.
2. Associations composed of graduates of Schools of Nursing connected with Poor Law Infirmarys of not less than 200 beds, giving three years' full training in the wards of the infirmary, and certification after examination, and which

[previous page](#)

[next page](#)