

## Queen Alexandra's Message to the Nation.

Buckingham Palace,  
May 10th.

From the depth of my poor broken heart I wish to express to the whole Nation and our kind People we love so well my deep-felt thanks for all their touching sympathy in my overwhelming sorrow and unspeakable anguish.

Not alone have I lost everything in Him, my beloved Husband, but the Nation, too, has suffered an irreparable loss by their best friend, Father, and Sovereign thus suddenly called away.

May God give us all His Divine help to bear this heaviest of crosses which He has seen fit to lay upon us—"His Will be done." Give me a thought in your prayers which will comfort and sustain me in all I still have to go through.

Let me take this opportunity of expressing my heartfelt thanks for all the touching letters and tokens of sympathy I have received from all classes, high and low, rich and poor, which are so numerous that I fear it will be impossible for me ever to thank everybody individually.

I confide my dear Son into your care, who I know will follow in his dear Father's footsteps, begging you to show him the same loyalty and devotion you showed his dear Father.

I know that both my dear Son and Daughter-in-law will do their utmost to merit and keep it.

ALEXANDRA.

## The Royal Funeral and Lying in State.

No more stately shrine could be chosen as the last resting place of the dead King than St. George's Chapel, Windsor, where, with all honour, he will be laid to rest on Friday, May 20th. The opportunity afforded to the nation of paying a last tribute of respect to its late Sovereign during the public lying in state at Westminster Hall, on the three preceding days, is keenly appreciated, and many thousands, among whom trained nurses will certainly be represented, will pass through the Hall during this time.

## Clinical Notes on Some Common Ailments.

### ANÆMIA.

By A. KNYVETT GORDON, M.B. (Cantab.).

I have chosen the subject of anæmia for discussion, not because its victims fall often under the care of the trained nurse—for as a rule they are not confined to bed—but on account of the frequency with which it affects nurses themselves. Moreover, as will be seen, it throws some light on the causation of another disease—gastric ulcer—which we will take next, and in which very careful nursing is imperatively necessary.

In the preceding articles we saw that the fresh air which was taken into the lungs with each inspiration was absorbed or taken up by the red corpuscles of the blood, and thus conveyed to all parts of the body. In health these red cells, which are formed from the marrow which is found inside some of the bones, do their duty well, and take up all the oxygen that they can get, but when for one reason or another they fail to do this, the patient becomes ill, and is said to be suffering from anæmia or "poverty of blood."

Now there are many causes of anæmia, or rather there are many different varieties of the disease. There may be too few red corpuscles in the blood, as after a loss of blood itself, such as may follow hæmorrhage from a wound or from the uterus during a confinement, or even from an excessive loss at the monthly periods, and until this loss is made good by the production of fresh red cells, the patient is anæmic. Or, again, the process of formation of the corpuscles may be defective, as it is during convalescence from almost any severe illness, or there may be actual disease of the bone marrow itself.

If we put aside all these more obvious causes of a deficiency in red cells, there remains a definite disease which is very common amongst females from the age of 14 to 24 or thereabouts, which is often known as anæmia, but is preferably called chlorosis, to distinguish it from the other forms of anæmia. This name was given to it on account of the peculiar greenish tinge of the skin which it produces, chlorosis being simply the Greek for greenness.

Here the red cells are affected in two ways; there are not enough of them in the first place, and, secondly, each cell is deficient in hæmoglobin, which is the name given to the substance by virtue of which they perform their work of absorbing oxygen and giving it up again to the tissues in exchange for the waste product carbonic acid.

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