

is no doubt, however, that daily gymnastic exercises in front of an open window for ten minutes on rising are always useful and generally possible.

Coming now to the special treatment of each form, we must obviously give our man less acid and our woman more. Inasmuch as the hydrochloric acid of the gastric secretion is derived from common salt in the diet, we forbid this condiment to the man and encourage the woman to take more; very many "weakly" dyspeptics do not take salt at all with their meals, and men who live well frequently take too much in the form of savouries and highly spiced dishes.

Then, in the case of the robust type of dyspeptic, we prescribe something that will neutralise the excess of gastric acid, and we give it when the pain comes on, that is to say, about half an hour before each meal. The carbonates of bismuth and of soda are perhaps the most useful drugs here, and we may give twenty grains of each. For the weakly type, we prescribe hydrochloric acid itself immediately after meals, with a little bitter tonic such as the infusion of gentian; strychnine may usefully be added to impart vigour to the movements of the stomach.

(To be continued.)

Progress of State Registration.

We acknowledge with much gratitude 12s. kindly forwarded through the Lady Superintendent, Mrs. Kildare Treacy, by members of the nursing staff of the City of Dublin Nursing Institution, Dublin, in support of the work of the Society for the State Registration of Nurses. Next month we hope the Registrationists of the United Kingdom will individually begin an active campaign in support of this reform, which, to judge from recent events in the nursing world, is more urgently necessary than ever, if professional standards already attained are to be maintained, and the negligent care of the sick in many institutions improved.

Our earnest hope is that the nurses' organisations will concentrate themselves on Registration during the coming Session of Parliament.

Dr. C. W. Stewart, M.A., D.P.H., in the course of an address at the opening of the session of the Nursing Association, Scotia Street, Glasgow, said that the State Registration of Nurses was of the greatest importance both to the nursing profession and to those of the public who required their services. But to make the registration of any value there must

be a uniform standard of examination for the whole kingdom. This uniformity could only be obtained by taking the examinations out of the hands of interested bodies and placing them under independent control.

A Great Loss to St. John's House.

It is with great regret we learn that the Sister Superior of St. John's House, Queen Square, Bloomsbury, is shortly retiring from active work, after holding the office for seventeen years, during which time she has done much to benefit the nurses and to maintain the prestige which the House has enjoyed ever since its foundation in 1848.

During Sister Charlotte's term of office the Nurses' Pension Fund has been consolidated, the houses in Norfolk Street, where St. John's House was located for so many years, given up, and a house suited to its purposes built in Queen Square; the Norfolk Street Chapel endeared by many memories being removed and rebuilt on the new site.

St. John's House has never been simply a commercial speculation, but has taken its share in promoting nursing education and in establishing good fellowship between nurses of different institutions. The present Sister Superior has worthily maintained its best traditions, and to her is due the foundation of the League of St. John's House Nurses; Sister Charlotte from the first being elected its President, an office which she now holds. It will be remembered that last year, when the International Council of Nurses met in London, its members were invited to a reception at St. John's House, and the League also took part in the Nursing Exhibition held at the same time. Sister Charlotte will be very greatly missed by the nurses of the staff, for her rule has been characterised by justice and liberality of outlook, on all professional matters, while she has endeared herself to them by many acts of personal kindness.

When the resignation of the Sister Superior takes effect the connection of the Community of St. Peter's Sisters with the House will cease, as it is found impossible to spare another Sister for this work; this will be an additional sorrow to the nurses, as the Mother Superior at one time worked at St. John's House, and she therefore has an intimate knowledge of its needs. When the Community of St. Peter's, Kilburn, retires, the charge of St. John's House will be taken over by the Community of St. Margaret, East Grinstead.

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