

For sleeplessness during an illness, a nurse can do much to help the patient. *Brains* are the one thing necessary. Each patient may require a different remedy. Perfect quiet is always necessary. Massage (effleurage only), especially down the spine and on the head, is most useful to dispel the feeling of utter weariness which is so fatal to sleep.

To read aloud, quietly, often has a soothing effect, or if that fails, sometimes a meal together, and an interesting discussion, will make the patient forget himself, and he will drop off into a sound and refreshing sleep.

Sleep is one of nature's remedies for all ills, both of mind and body, therefore show your appreciation of Mother Nature by only using her remedies to induce sleep. Fresh air, wholesome food, exercise, temperance in all things, these mean health, and therefore happiness.

The above excellent paper was contributed in connection with our Prize Competition for April 8th. In the same connection Miss E. H. Gibert writes:—"Sleeplessness in a person leading a most strenuous life is due to an over active brain, and entire rest from work, combined with regular habits and fresh air, is the only cure for this condition.

"In the case of general excitability cold laying of the head daily, and cold douching to back of neck, will be found beneficial."

Miss M. Myers points out that "the position of the bedstead is of some importance. It should be so arranged that the light falls from the side, and behind the head.

"For people who are kept awake by cold feet, a hot bottle is most useful, or putting the feet in hot mustard and water before retiring will often induce sleep.

"Feverish and restless patients will often sleep after a cool sponge bath, and sponging of the face and hands."

Miss M. Bielby writes:—"In the case of patients, if a second bed for night use cannot be arranged the bed clothes should be changed morning and night, and alternately aired, out of doors if possible, so as to disperse the worn-out magnetism. Garments should be similarly treated, and pillows especially. Very sensitive patients respond readily to this point of treatment.

"Gentle massage of the back of the neck and the scalp induces somnolence. With some patients quiet, dreamy music secures sleep to them. Reading aloud, almost in monotone, with the voice pitched in a low key, is helpful. But only those who have a flexible and naturally soothing voice should attempt this."

The Society for the State Registration of Trained Nurses.

A meeting of the Executive Committee of the Society for the State Registration of Trained Nurses was held on Thursday, April 20th, at 431, Oxford Street, London, W. In the unavoidable absence of the President the chair was taken by Miss Elma Smith, Matron of the Infirmary, Hendon. After the minutes were confirmed the President's report was presented by Miss M. Breay, Hon. Secretary.

THE PRESIDENT'S REPORT.

I have the honour to report that the Right Hon. R. C. Munro Ferguson, M.P., introduced the Nurses' Registration Bill—drafted by the Central Committee for the State Registration of Nurses—into the House of Commons on Monday, Feb. 27th. It has received the support of members of all parties and nationalities in the House, and is backed by Sir James P. Gibson, Bart., Sir Luke White, Dr. Addison, Dr. Rainy, and Mr. Annan Bryce (Liberals), Viscount Morpeth, the Right Hon. Charles Scott Dickson, K.C., Mr. Remnant, and Mr. George Younger (Unionists), Mr. J. Ramsay Macdonald (Labour), and Mr. Field (Nationalist). The Bill has further the support of the eight influential societies of medical practitioners and trained nurses affiliated together in the Central Committee, with Lord Ampthill as Chairman.

As it did not gain a place in the ballot, it is almost impossible, in the political situation, to obtain time for a second reading in the House of Commons this Session. Until the Constitutional Bills now before the House are disposed of, all social legislation in this country will be at a standstill. But because there is no immediate prospect of the discussion of our Bill in Parliament our members should be the more active in utilising the time before its second reading in educating the electorate, and informing Members of Parliament—especially new members—upon the question.

THE CENTRAL REGISTRATION COMMITTEE.

Since our last meeting the Central Committee for the State Registration of Nurses, on which this Society is represented by delegation, has met once, under the presidency of Lord Ampthill.

The principal matter for discussion was the status of fever nurses on the Register. It was decided that the Bill should be introduced without alteration, as it was felt that it gives scope for the definition of a variety of alternative curricula, and that one of the first duties of the Council created under the Act would be to consider schemes of co-operative and reciprocal training, with the object of carrying out the purpose of the Bill, *i.e.*, to afford efficient nursing for the sick.

Your Hon. Officers have furnished memoranda on the subject of fever training to those who have asked for information regarding it. While recognising the necessity of having the fever hospitals duly nursed, the right of nurses to efficient training must also be considered, and we must adhere to the fundamental principle, incorporated in our

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