

useful. Unfortunately many patients of the poorer class are herded together in cold rooms in workhouses, and often receive a diet which resembles the physiological penance which one would, in Gilbertian fashion, impose on a retired and over-fed alderman rather than the nourishing fare which ought to come to these poor sufferers when they have been put out of the race of life by the ravages of this disease.

Drugs are sometimes useful, but more often fail completely. When there is much thickening round the joints iodide of potassium sometimes relieves a little, and in some cases arsenic is useful, and acts probably by increasing the appetite of the patient. Perhaps the most important point is that the patients should not be labelled rheumatic or gouty and treated accordingly.

The Queen and Irish Nurses.

The Queen has received from the Dowager Lady O'Hagan the offer of the freehold of her house; 34, Rutland Square, Dublin, to be devoted to any purposes which her Majesty may select, in remembrance of the Royal visit to Ireland. The Queen has accepted the offer, and desires that the house shall become the permanent headquarters of the St. Laurence's Catholic Home of Training District Nurses in affiliation with the Queen Victoria Jubilee Institute, who have occupied it rent free for the last 18 years through the liberality of the Dowager Lady O'Hagan.

The Queen has also approved the proposal submitted to her by the ladies who organised the address of welcome to her Majesty from the women of Ireland that the balance of £500 remaining from the contributions given by the signatories for the expenses of the address should be devoted to the work of the Jubilee Nurses serving in Ireland. Her Majesty expresses the wish that this sum should be given to St. Patrick's Home for Training District Nurses (Protestant) in affiliation with the Queen Victoria Jubilee Institute.

We congratulate the Irish Branch of the Queen's Institute. The training in both the Roman Catholic and Protestant Homes is excellent, and, as we have often said before, the very best nurses should be provided for the poor, who trust to the honour of those who are responsible for the standard of their attendants.

WELCOME HELP.

The President of the Society for State Registration of Trained Nurses acknowledges with many thanks the following donations:—Mrs. Bartleet, £1 1s.; Miss A. Warren, R.N.S., 5s.

Our Prize Competition.

We have pleasure in awarding the prize this week to Miss Margaret Bamford, District Nursing Association, 80, Nichols Square, Shoreditch, N.E., for her paper, printed below, on the following subject:—

WHAT ARE SOME OF THE COMPLICATIONS TO BE WATCHED FOR DURING PREGNANCY, AND THEIR CAUSES?

There are many complications of pregnancy, two much-dreaded ones being:—

1. Eclampsia.
2. Excessive sickness.

There are various theories as to the cause of eclampsia, a common one being that it is a form of uræmic poisoning. The premonitory symptoms are severe headache, giddiness, partial or even complete blindness, or flashes before the eyes, a hard pulse, nausea, epigastric pain, œdema of the face and extremities, and especially albuminuria. (These symptoms are not all seen in one case.) The attack itself is an epileptiform fit, consisting of a tonic, and clonic spasm, and ending in unconsciousness.

A trace of albumen is often found in the urine during pregnancy, and may not be of any serious importance. Or it may indicate chronic nephritis.

A certain amount of nausea and vomiting, which is of reflex nervous origin, and caused by spasmodic contractions of the stomach and diaphragm, is very frequently present in pregnancy, especially during the early months. Occasionally it may be so severe and so difficult to check as to endanger the patient's life from starvation and exhaustion.

Other complications are anæmia and hydræmia, caused by the extra demand made on the blood supply by the growing foetus, especially when, from poverty or other causes, the mother takes insufficient nourishment.

Varicose veins and hæmorrhoids are common, and are caused partly by the pressure of the growing uterus on the veins and partly by the congested condition of the pelvic blood vessels.

Constipation is also partly due to pressure, and also to the enfeebled peristalsis of the intestines.

Incontinence or retention of urine, with constipation and tenesmus in the early months, are symptoms of incarceration of the uterus. Pruritus is sometimes very troublesome, and may result from an irritating vaginal discharge, or may be in other parts of the body, where it is probably of nervous origin.

Dyspnoea, in the later months, is caused by the pressure of the uterus on the diaphragm, and is not serious.

[previous page](#)

[next page](#)