

make little or no difference to them personally. That is a purely selfish view. Aside from our duty to ourselves is the duty we owe to our profession, in the present and the future if we have its good at heart.

The speaker concluded his most interesting address by emphasising the importance of inspiring every nurse going out from a training school with the necessity for keeping up the habits of study formed there. They had, he said, to be alive, and keep abreast with the times. He urged the older nurses to keep in touch with the younger ones and so help them make their profession strong and forceful.

The Chairman said that after listening to Dr. Smith's address, she thought the meeting would not be surprised at her desire that they should have an opportunity of hearing him speak.

A very cordial vote of thanks to the speaker, proposed by Mrs. Bedford Fenwick—who said she wished the members of the Central Hospital Council for London could have heard his address—and seconded by Miss Cox-Davies, and a similar vote to the Chair, concluded the proceedings.

### Our Prize Competition.

Once again we have pleasure in awarding the prize to Miss Emily Marshall, 123, New Bond Street, for her excellent article—quite the best we have received on the following subject:—

#### FROM WHAT SOURCE IS BLOOD RENEWED AFTER HÆMORRHAGE ?

The blood gains matter intermittently from certain sources, viz., oxidised tissue, products from the muscles, liquified nutriment from the alimentary canal, water, etc., absorbed by the skin.

There is an ever-recurring necessity for the perpetual circulation of the blood. The general composition of the blood varies with age, sex, temperament, and health, also with the time since the last meal was taken, with the part of the body from which hæmorrhage takes place, and with other conditions. Copious bleeding very considerably reduces the proportionate number of red corpuscles, and with these the supply of oxygen. Blood in this state is useless for purposes of vivification. To assist this loss, and renew it, we resort to salines by intravenous infusion, either hypodermic or enemata. Normal salt solution, prepared as follows, 80 grains of sodium chloride added to a pint of water, made sterile by boiling and cooled down to 105 degs. Fahr., injected into some convenient vein or syphoned into the bowel at the rate of about 1 pint in ten minutes. This provides the natural warmth and liquefied nutriment to the blood, and acts as carrier of oxygen to the lungs and other organs, thus vivifying them

and enabling them to perform their various functions. Absolute rest, fresh air, animal food, stimulants, and various medicines as directed by the doctor, are also essential.

Bleeding to death is often prevented by Nature's stopping the mouths of the injured blood vessels with plugs of clot or coagulated blood. For instance, rupture of a blood vessel on the brain; in these cases nature needs little assistance, beyond rest, application of ice-bags, cold drinks, such as milk and water, etc.

Hæmorrhage from the lungs needs also *rest*, ice applications, ice by mouth, no talking allowed, nourishment per rectum in the form of nutrient enemata, or suppository, and from this source blood is renewed. The vigour of the pulse is the chief guide as to treatment. The capillaries are the chief agents of nutrition, the blood plasma passing through their walls and thus nourishing the adjacent tissues.

The veins return the blood from the capillaries to the heart.

The deep veins accompany the arteries. The superficial veins lie between the skin, and the outside of the muscles. From all these sources blood is renewed after hæmorrhage, whether from disease, injury, or a surgical operation.

As the patient progresses, the body is built up by nourishing, suitable diet, fresh air, antiseptic precautions, cleanliness, and attention to the mouth, the skin, and the bowels.

We also commend the papers by Miss Robinson, Miss T. Fellows, Miss O'Brien, and Miss James.

Miss James writes that the liquid portion and salts are renewed from ingested food and liquids, and the corpuscles from the spleen and lymphatic tissue, as well as from the bone marrow in which the red blood cells are formed.

Miss Robinson draws attention to the importance of the red corpuscles in renewal of the blood for the reason that they absorb the inhaled oxygen, and carry it to the tissues. If therefore the red corpuscles are appreciably diminished it follows that the tissues are not sufficiently oxygenated.

During the month of August the prize competitions will be discontinued.

#### QUESTION FOR THIS WEEK.

How would you prepare a patient for paracentesis? What instruments and utensils are necessary?

Rules for competing for this competition will be found on page xii.

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