

Sometimes only cold food can be taken, and small pieces of ice, slowly sucked, often relieve the nausea.

In some cases only hot things can be kept down, therefore a glass of hot water slowly sipped is found useful.

Effervescing drinks are found very soothing to an irritable stomach, such as a small glass of iced champagne.

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss Mills, Miss Gladys Tatham, Miss Macfarlane, Miss Bennett, Miss Templeman.

Miss Gladys Tatham writes that "Pernicious vomiting persists, and may come on at any hour of the day or night, and is a serious complication of pregnancy. The cause is not yet known for certain, but it seems to be of nervous origin, and probably is a reflex condition due to pressure and consequent irritation of the gastric nervous system. The chief duty of the nurse will be to see that the food given is nourishing, easily digested, of small bulk, and to give it at frequent intervals. Rectal feeding may be ordered by the physician. A patient suffering from pernicious vomiting becomes rapidly emaciated and weak. Constipation is generally a marked feature of the complaint, and must be overcome. The thirst may be relieved by cold drinks and ice to suck. If the condition is unrelieved the patient will get weaker, more jaundiced, and her temperature will rise towards the last. Unless the uterus is emptied treatment may be of no avail. If the foetus dies in utero the vomiting will probably stop at once. No "cooking smells" should reach a patient suffering from vomiting—all food should be daintily served and freed from grease. If possible the patient's attention should be occupied with pleasant subjects during meals, and she should rest quietly afterwards. The nurse should be resourceful and tactful, and ought to know how to cook and serve dainty dishes.

QUESTION FOR NEXT WEEK.

Tell what you know of modern methods of treatment of lateral curvature of the spine.

NURSING CONGRESS AT COLOGNE.

Amongst others interested in nursing in India who hope to be at Cologne, Mrs. Klosz and Miss Creighton will attend to represent the combined Indian Nurses' Associations.

The President of the International Council has sent us the provisional programme, which will appear next week.

SOME LEGAL POINTS FOR NURSES.

Mr. A. M. Brice, Barrister-at-Law, speaking in the last Session of the Nursing Conference, held at the L.C.C. Technical Institute, Westminster, last week, said he esteemed it a happy chance to be able to offer nurses a few suggestions on self-protection, for, as a class, they were no better in this respect than the ordinary layman. He instanced the case of a nurse, heard in the Ilford County Court, where the employer prosecuted for breach of agreement, and won the case because the nurse had not read her agreement.

The law, said Mr. Brice, is common sense personified, but it is most difficult to get nurses to conceive a clear idea of any agreement. The nurse's agreement of service really defines who is her employer, and on what terms she is employed.

Nurses, he continued, are surrounded by law. He then proceeded to deal briefly with a few general questions, mentioning first that the matron of a large infirmary was accustomed to go, at great personal inconvenience, to the registrar, to register all the deaths occurring in the infirmary, when any nurse present when a death occurred could do so.

Next there was the question of secret commissions. It is an offence against the Corruption Act, when buying medicines for patients, to accept a secret discount, and a supremely dishonest transaction. Any reduction in price belongs to the employer, and the only person entitled to take a discount is the nurse working on her own account.

Again, as to nurses in partnership. Nurses in partnership often seem ignorant of its most elementary principles, whereby they are bound together and have to meet their mutual obligations; and one partner is responsible for the debts of the other. A partnership cannot be dissolved by a private quarrel, nor until all the necessary legal steps have been taken, and the dissolution announced in the *Gazette*.

The speaker expressed the opinion that some Association of Nurses should take up this question of Nurses' Defence. They were frequently in need of legal advice. He instanced the case of a nurse summoned before the Central Midwives' Board charged with a grave offence. In his opinion the allegations were unfounded, or there was an answer to them. His advice was that she should employ a solicitor and be properly defended. The result was that she was exonerated, but if she had not been defended there is little doubt she would have been removed from the Midwives' Roll.

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