

ordered, and followed the next morning by a dose of Hunyadi Janos or Carlsbad water. If there is eructation of acid fluids, bicarbonate of soda and bismuth are often given. The stomach should have, if possible, absolute rest for a day or two, and for the first week fluids only. Milk diluted with soda water, or peptonized, in two-hourly feeds, gradually returning to light nourishing diet. Benger's, milk puddings, fish, and white meats, avoiding all articles that tend to disturb the digestive powers, especially tea, except in a very weak form. Repeated attacks may lead to sub-acute gastritis or chronic dyspepsia. Finally, the digestive powers of the stomach would be ascertained by a "test-meal," and is of great value in the diagnosis of gastric cases. The patient, after a night's fast, is given what is termed a test-breakfast, which consists of a cup of tea and a slice of dry toast, and the contents of the stomach are withdrawn in an hour and a half and tested, and the result determines the condition of the gastric tract. The bismuth meal is also used as an aid to diagnosis. The bismuth is usually given to a fasting patient in milk pudding, to disguise the taste. The patient is then skiagraphed from one to two hours afterwards, when any stricture or malformation of the stomach will be apparent on the screen, because bismuth is impervious to the rays. If a stomach wash out is ordered, it must be given with a long tube and funnel. No lubricant is necessary: if the tube is dipped in warm water, it will then pass quite easily, and all results must be saved for inspection. Toxic gastritis is the most severe form of inflammation, and is caused by the swallowing of poisons.

HONOURABLE MENTION.

The following competitors receive honourable mention: Miss J. G. Gilchrist, Miss S. Crisp, Miss A. Phipps, Miss M. O'Brien, Miss F. Macdougall, Miss K. Robinson.

Miss Amy Phipps writes:—

As recovery progresses, food must be given very carefully and gradually, to avoid any recurrence of the attack; any reappearance of symptoms, however slight, should be noticed. There is always present the danger of the peritoneum being involved, resulting in general peritonitis; or the intestines may be attacked, with consequent enteritis.

Any symptoms, therefore, suddenly arising, should be reported at once to the doctor, that complications may be dealt with at the onset.

QUESTION FOR NEXT WEEK.

What is a Rest Cure? Describe it.

CONFERENCE ON NURSING.

The President of the Local Government Board has convened a Conference, to be held on Saturday, 14th inst., at the Local Government Board Office, at 11 a.m., of representatives of district nursing associations, religious bodies, Government departments, boards of guardians, and others interested in district nursing. The object of the Conference is to consider the present position of district nursing in London, and the possibility of securing further efficiency by the co-ordination of existing agencies.

THE COLONIAL NURSING ASSOCIATION.

The work of the Colonial Nursing Association is of far-reaching importance, and its annual meeting is therefore a notable event.

This year it was held on Tuesday, June 10th, at the Royal Colonial Institute, and Princess Henry of Battenberg, President of the Association, was present.

Lord Ampthill, who presided, said that the work of the Association was truly public and Imperial. Few efforts could be more effective in cementing the bonds of Empire than the work of the Association which was founded on sympathy, that was accorded at a time when it was most needed and valued. The nurses went out to the assistance of those who were pioneers of the Empire, and nothing less than the best should be sent to them to prove to them that they were remembered by their kinsfolk at home. Lord Ampthill pleaded for further financial support, and said that last year the expenditure was in excess of their income.

The work of the Colonial Nursing Association is so important, the interests which it touches so influential, and its demands so modest that we hope there will be a wide response to this appeal.

Lord Emmott, on behalf of the Colonial Office, voiced its appreciation of the work of the Association, and wished it God-speed. He stated that the 298 nurses employed through the Association brought comfort and relief to thousands, and mentioned the devotion of a nurse in Nyasaland who, in order to reach quickly a young officer down with fever, made forced marches with three natives only.

Sir Henry McCallum, a former Governor of Ceylon, spoke of the value of efficient nursing in the tropics.

Sir Charles Lucas, who moved the re-election of the Council, said that those who once employed the nurses generally ended by sending a subscription. Thus the work of the nurse was like a stone cast into the water.

[previous page](#)

[next page](#)