

THE NURSES' INTERNATIONAL MEMORIAL TO MISS NIGHTINGALE.

In reply to enquiries, we beg to inform collectors for the Nurses' International Memorial to Miss Nightingale, that subscriptions can certainly be sent in to the Hon. Secretary of the Fund as they choose. We gave the date January 1st, 1915, as the latest date for receiving donations, but already the lists are beginning to return with names and subscriptions. Every name will appear on the final list of subscribers to be inserted in the "Purse," to be handed to Miss Goodrich, the President of the International Council of Nurses at San Francisco on June 2nd, 1915, as that of a Founder of the Chair of Nursing and Health.

FEVER NURSES' ASSOCIATION.

A meeting of the Executive Committee was held on July 13th at the offices of the Metropolitan Asylums Board (by kind permission of the Board).

Dr. E. W. Goodall (Eastern Hospital, M.A.B.) was elected Chairman for the coming year.

Dr. J. Biernacki (West Ham Fever Hospital) was appointed delegate of the Association on the Executive Committee of the Central Committee for the State Registration of Nurses.

The Joyce Green Hospital (M.A.B.) and the Croydon Borough Hospital were added to the list of Hospitals recognised by the Association as Training Schools for Fever Nurses.

Miss Millman, Matron of the Norwich Isolation Hospital, was elected a member of the Association.

The following nurses were elected members of the Association:—Janet Paterson Esplin, Kate Florence Larkin, Agnes Hannah Jones and Maud Mary Spencer, of the North Western Hospital (M.A.B.); Florence Gladys Jones and Margaret Evans Thomas of the North Eastern Hospital (M.A.B.).

The following members of the Association were co-opted on to the Committee:—Dr. Brownlee, Dr. Cuff and Dr. Pearson, Miss Pratchett and Miss B. Scott.

It was decided that the date for the next written examination for the Association's Certificate of Training should be Wednesday, October 7th, 1914, and that the next meeting of the Council should be on Monday, October 19th.

The further consideration of several important questions was adjourned till the next meeting.

H. I. BRYSON,
Secretary.

NATIONAL UNION OF TRAINED NURSES.

The Executive of the Central Council has considered the resolution of the London Branch on the question of approaching other branches of the Union on the subject of State Registration. The matter was fully discussed but the Executive felt that they were unable to deviate from their principle of not enunciating any definite policy with regard to this subject which has not yet been before the Council.

The Branches remain entirely free to discuss and vote upon it as they desire.

THE NEWTON ABBOT BRANCH.

At a meeting held some little time ago of the Newton Abbot Branch of the National Union of Trained Nurses in the Board Room of the local Union Infirmary, kindly lent by the Guardians, a most interesting lecture was given by Dr. Makeig-Jones, of Torquay, on "Sleep." The Rev. E. G. Beckwith was in the chair.

The lecturer said that although the heart, lungs, &c., went on working during ordinary sleep, yet all the organs slept at some time, and the heart, the most hard-worked of all organs, had nine hours' sleep per diem—between the beats—and the lungs "slept" between each expiration and the following inspiration. Sleep was not sent to give rest to the lungs or the digestive organs, which went just as well during sleep as in waking hours, although the digestive organs generally rested during sleep. The organs of smell and sight and hearing remained awake during sleep and the brain centres communicating with these organs would respond to the same phenomena as they would in waking hours. These organs were however, somewhat in abeyance during sleep, although, for instance, the ear could respond to a sound which was not loud enough to awaken the sleeper.

Sleep was the resting time of "consciousness." The question then arose, "Where was the seat of consciousness?" Consciousness lay in the gray matter on the outside of the brain. Beyond that, the gulf between the material and spiritual seemed as broad as ever.

Sleep was generally more profound during digestion, and, generally speaking, a wakeful animal was a hungry animal.

It was now believed that consciousness was caused by the action and reaction upon one another of certain diminutive functional parts of the brain. In sleep these parts ceased to act, and in dreaming they acted imperfectly without rousing to complete consciousness. For instance, when one was called in the morning, before the return of full consciousness, certain of the brain centres, affected by various memories or emotions, would awake one after another. The centres so awakening might be, for instance, those affecting the memories of church, music-hall, and lecture room. The sleeper might be confused into thinking that he was listening to a serio-comic lecture in church, or a sermon from the stage. And all this after receiving the call to get up. The first part of the period of the sleep was the deepest, and it was the "beauty sleep." It was impossible for anyone to dream of anything which he had never seen or heard of. Sensations were, however, often confused in dreams.

In reply to questions, the lecturer remarked that at the actual time of death the patient was always far too much lapsed into insensibility to be able to feel any pain, although it might be a terrible sight for the onlookers.

[previous page](#)

[next page](#)