

the summer of 1898. The intervening time will be occupied in eliciting the opinions of Nursing bodies, in various countries, each of which will formulate their views, on questions which will be submitted to them this year and next. The matters to be discussed are too vitally important to be disposed of in a hurry, and as it will be the desire of everyone that an International Nursing Congress shall be not only a great success, but also of great public and professional usefulness, ample time will be needed to make the necessary arrangements. We shall have much pleasure in informing our readers from time to time concerning the progress which is made with this most important scheme.

Meanwhile, the near approach of wide changes in the Nursing Profession, in these islands, has led many to believe that it would be of much advantage if a Congress of British Nurses could be held in this country, at an early date. Events have occurred recently which have made the convention of such a Congress the more advisable, and at the same time more possible; and it affords us much pleasure to announce that the National Council of Women of the United Kingdom has decided to hold a Nursing Conference in London next summer, in connection with the other meetings of the various Sections of the Council which will then take place. We shall have the pleasure to announce from time to time the preparations which are made for this important gathering.

The principal subjects which, we understand, will come before this Congress are the curriculum of technical education which it is necessary that a woman should pass through before she can properly be designated as a Trained Nurse; the question of examinations before and during the course of training, and the subjects which such examinations must respectively embrace; the question of Certificates; and the question of legislation to complete the legal status of Trained Nurses, and the powers and responsibilities to be conferred upon the Council or Board which is entrusted with the management, control, and discipline of the Nursing Profession. We shall be glad to hear from any of our readers at home, or abroad, who would be prepared to contribute a paper on any of the above questions, or any cognate subject, to be read at the Congress, or who would desire to take part in the discussions which will then take place.

The foundations of the future organised profession have to be laid upon clear and intelligible principles which shall commend themselves to the wisdom of the various Legislatures of every civilised country. This is a

great work, and it will require for its successful execution all the wisdom, judgment and experience which Nurses can bring to its consideration.

Lectures on Elementary Physiology in relation to Medical Nursing.

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LECTURE III.—DIGESTION AND INDIGESTION.

IN order to understand the processes of digestion it is necessary first to learn the constitution of the various articles of diet, or, as they are technically termed, "food stuffs." Briefly, these fall into five classes: (1) PROTEIDS; (2) CARBOHYDRATES; (3) FATS; (4) SALTS; (5) WATER.

The chief PROTEIDS are those described by the following terms:—*Glutin*, which is found in flour, peas, beans, potatoes, and all cereals; *Albumen*, found in the white of egg, in milk, in blood, &c.; *Globulin*, found in the yolk of egg and in blood; *Myosin*, a chief constituent of muscle, and which, therefore, is largely found in lean meat; *Casein*, a principal constituent of milk and cheese; *Fibrin*, which is found in clotted blood; and *Gelatine*, which is found in bones, the tendons of muscles, &c.

The CARBOHYDRATES include *Starch*, which is the chief constituent of flour, rice and potatoes; *Sugar*, which is found in bread, potatoes, milk and fruits, and in cane-sugar, grape-sugar, &c.; and *Cellulose*, which is found in fruits and cereals and all vegetables, as it is a principal constituent of the walls of vegetable cells.

(3) FATS are found in large quantities in milk, butter, cheese, meat, and the various oils.

(4) The SALTS taken in articles of diet are numerous, but the chief are the chlorides, phosphates and carbonates of soda and potash.

(5) WATER is present in all, or nearly all, the ordinary articles of diet.

These substances, then, you will at once remember, are precisely those which combine to make up the tissues of the human frame, and they are therefore those that are necessary in order to support and nourish the body during life. The ordinary articles of diet contain these various constituents more or less combined, and for example, a meal of bread and meat would contain gluten, albumen, myosin, starch, sugar, water and salts, thus forming what is termed a "mixed diet." It is possible for an animal to exist upon Proteids, Salts and Water alone,

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