

## National Health Society.

President :—HIS GRACE THE DUKE OF WESTMINSTER, K. G.

Writing from South Bucks, the Hon. Secretary of the School of Domestic Science says :—"I am sure you will be glad to hear that the Course of "Homely Talks," given by Mrs. Phipps, has everywhere been successful. I cannot speak too highly of Mrs. Phipps. Her way of lecturing is excellent, and she is greatly liked in this neighbourhood. We should like her to return to us in February, 1894, if you will kindly arrange this."

The following notice of the Course of Lectures now being given at Mrs. Jopling's Studio, has appeared in two or three papers :—

"Mrs. Jopling-Rowe is something more than a charming and talented artist. She is a practical woman who believes in trained common sense. Every Tuesday afternoon her studio in Pembroke Road, Earl's-court, a big, lofty room hung with sketches and studies, is converted into a lecture hall for an ambulance class, and Mr. Owen Lankester, M.R.C.S., discourses to an audience of some 60 or 70 fashionable women on how to tender first aid to the wounded. Yesterday Mr. Lankester demonstrated on a small boy the scientific method of inducing artificial respiration, how to bandage a head, arms, or legs, and the easiest way of carrying an injured person. After the lecture the ladies wandered about the room, showing how aptly they had assimilated knowledge by deftly bandaging three or four small boys provided for the purpose, and scientifically squeezing and pumping them. After this audience disappears, another assembles. The National Health Society, if a centre of not less than 30 paying members can be formed, is willing to give a course in hygiene free. Mrs. Rowe has worked up a centre among her poorer neighbours. To an audience of about 30 or 40 of these sweet-faced sister in Nursing uniform, talks simply and in a delightfully sympathetic manner for about an hour, explaining the fundamental laws of health. Last week, she discussed the use of soap and water. Yesterday, the audience were told in a pleasant conversational manner the nature and uses of food."

The room so kindly put at our disposal by the Duchess of Bedford, at 15, Belgrave Square, for the Nursing Lectures, is in every way so admirably adapted for the purpose, that it is greatly to be hoped Her Grace will further extend the kindness for a future Course of Lectures on Ambulance in the New Year. The audience last week had increased by leaps and bounds, and general satisfaction was expressed at the way in which Sister Katherine treated the subject of Sick Diet.

Miss Ravenhill is engaged in giving a series of "Homely Talks" on Nursing at Wimbledon to a class of Factory Girls.

Mrs. Dickson's lectures in the Vicarage Parish Room, St. Mary Abbots, Kensington, to "Young Women in Business," are being well attended. The third lecture of this Course takes place on the 29th inst., when "Healthy Clothing" will be the subject discussed.

Miss Morgan has just gone into Lincolnshire for four months County Council work.

The Society's Special Training Course of Lectures for Teachers and for educated women desirous of obtaining appointments as Inspectors, will commence early in the New Year. Any ladies wishing to join these classes, would do well to send in their names at once to the Secretary of the Society, as many applications have been already made.

## Our Foreign Letter.

### SOME HINTS ON OBSTETRIC NURSING.

BY MISS MARY AGNES SNIVELY,

*Superintendent of Training School, and Lady Superintendent,  
General Hospital Toronto, Canada.*

So much has been said and written, on the subject of Nursing, that at times one feels as if nothing could well be added to the store of information already gathered.

We must remember, however, that an ever increasing number of women are seeking to be trained in our Special, as well as General, Hospitals; that the majority of the women who enter upon the work of Nursing, do so without previous study, and those who have long been engaged in the work forget. This, then, being the case, it is easy to understand that, though of necessity old themes must be presented, there will ever be much that will interest those who are anxious to increase their store of knowledge, and add to their intelligence.

The world is progressive, and methods of work are constantly being improved, and simplified, and to those who long to obtain a practical knowledge of methods, other than those employed in the institutions with which they are familiar, it necessarily follows that there will always be a demand for new *sermons*, although the *texts* remain unchanged.

The subject about to be considered relates to some of the means employed in caring for a mother during the puerperal period, together with a few suggestions regarding the new-born infant.

The baby will demand but little attention from the Nurse for some time. After the cord has been tied and cut, it will only be necessary for her to see that the mouth and eyes are carefully washed with cooled, boiled water, that the whole surface of the body is anointed with vaseline, and the child rolled in a blanket, and left in some warm place, until the mother has been made clean and comfortable; it can be washed when convenient. The Nurse is now at liberty to turn her attention to the mother. Her first thought should be to ascertain the condition of the uterus. Should she find, on examination, that that organ is soft and flabby, it will be necessary for her to rub it gently externally, using two fingers only for this purpose. She will recognize that her efforts have been successful, when she finds the walls of the uterus have contracted, and instead of feeling soft as before, are now quite hard—much like a ball.

After the patient and bed have been thoroughly cleansed, an abdominal binder can be applied. This binder is usually made of two thicknesses of stout, unbleached cotton or calico, 45 inches long by 18 inches

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