

The Hobart hospital gives training in the wards of the hospital. A three years' certificate on completion of the term. No test examinations.

The course of study and training covers medical and surgical nursing.

The Launceston General hospital (see curriculum) gives a three years' course, including: nursing the insane, infectious diseases, medical nursing, surgical nursing of all kinds.

The theoretical teaching is arranged as follows:—

1st. year lectures: Twenty from a physician on physiology; twenty from the Matron on nursing.

2nd year: The same number, from a surgeon on surgical work; the same number, from the Matron on surgical nursing and the work of the senior nurse.

3rd year: The same number of lectures from a gynæcologist on gynæcological surgery, and from the Matron on gynæcological nursing.

There are also seven small cottage hospitals, three of which have certificated Matrons.

ASSOCIATIONS OF CERTIFICATED NURSES.

There are none as yet. We are preparing to form a branch of the Australasian Nurses' Association.

J. H. MILNE,
Lady Superintendent, Launceston
Hospital, Tasmania.

Notes on Practical Nursing.

THE TREATMENT OF THE BREASTS DURING PREGNANCY AND NURSING.

The "Journal of the American Medical Association" has a useful article on this subject, so interesting to nurses engaged in obstetrical nursing. It says, beginning five or six weeks before the expected time of confinement and continuing its use daily until confinement, lanolin applied externally with friction every night is of great value. The nipple should be well washed in the morning with pure soap and water, rinsed off, and thoroughly dried. The following to be applied locally during the first week or two of nursing:

Tinct. benzoin comp., ℥ss;
Olive oil, ℥ii;
Lanoline, ℥vi.

When the nipples crack they and the breasts should be washed with boric acid solution. If only one nipple is affected, the breast-pump should be used for a few days to give it rest. An ointment composed of

Bismuth subnit., ℥iii;
Tinct. benzoin comp., ℥i,

should be applied night and morning. The child's mouth should be examined as a possible source of infection.

To prevent fissures the application of equal parts of glycerole of tannin and distilled water twice daily is recommended.

VEGETABLES AS MEDICINE.

Asparagus is very cooling and easily digested.

Cabbage, cauliflower, Brussels sprouts, and broccoli are cooling, nutritive, laxative, and purifying to the blood as a tonic; but should not be eaten too freely by delicate persons.

Celery is delicious cooked, and good for rheumatic and gouty people.

Lettuces are very wholesome. They are slightly narcotic, and lull and calm the mind.

Spinach is particularly good for rheumatism and gout, and also in kidney diseases.

Onions are good for chest ailments and colds, but do not agree with all.

Watercresses are an excellent tonic, stomachic and cooling.

Beetroot is very cooling and highly nutritious, owing to the amount of sugar it contains.

Parsley is cooling and purifying.

Turnip tops are invaluable when young and tender.

Potatoes, parsnips, carrots, turnips, and artichokes are highly nutritious, but not so digestible as some vegetables. Potatoes are the most nourishing, and are fattening for nervous people.

Tomatoes are health-giving and purifying, either eaten raw or cooked.

Chili, cayenne, horseradish and mustard should be used sparingly. They give a zest to the appetite, and are valuable stomachics. Radishes are the same, but are indigestible, and should not be eaten by delicate people.

Cucumbers are cooling, but are indigestible to many.

Appointments.

SISTER.

Miss Julia M. Cooper has been appointed Sister at the Strangers' Hospital, Rio de Janeiro. She holds the three years' certificate of the Chorlton Union Hospitals, West Didsbury, Manchester, in which institution she has held successively the position of Sister and Midwife. For the last few months she has held the position of Superintendent Nurse at the Workhouse Infirmary, Poole. She holds the certificate of the London Obstetrical Society.

Miss Arminda Eadsforth has also been appointed Sister at the same hospital. She holds the three years' certificate of the Chorlton Union Hospitals, and the certificate of the London Obstetrical Society. Both Sisters sailed on Friday, December 20th, in the s.s. "Clyde" from Southampton, so their Christmas will be spent at sea.

[previous page](#)

[next page](#)