

NURSES' CONFERENCE IN INDIA.

The Annual Conference of the Trained Nurses of India was held in Bombay on the 26th, 27th, and 28th of November. The attendance was much the largest it has ever been; delegates came from long distances, from Quetta, Bangalore, Madras, the Punjab, as well as nearer places. Someone suggested that it would have been interesting to compute the number of miles that had been travelled by the nurses to reach Bombay.

The questions of affiliation of hospitals for training, and preliminary training schools, although perhaps far in the future for this country, were very energetically discussed, and a committee was appointed to gather further information and suggestions as to the application of these training methods to India.

Colonel Jennings, I.M.S., read a detailed and interesting paper on "The Ethics of Private Nursing," which was greatly appreciated, showing, as it did, a sympathetic understanding of a nurse's problems and point of view.

On one afternoon the Government Research Laboratory at Parel, a suburb of Bombay, was thrown open to the nurses, and no pains were spared to exhibit and explain everything that would be of interest to them. The stages in the preparation of plague serum were shown, and specimens under microscopes of the organisms of numerous common Indian diseases. Mrs. Liston, the wife of the Superintendent of the Laboratory, also gave a delightful garden party, at which a large array of snakes were a great attraction. Major Liston had the poison taken from some of these, and described the process of manufacture of the antidote for cobra and Russell's viper poisons.

On other days visits of inspection were made to the Bombay hospitals, and a trip across the harbour to the Elephanta Caves.

The Officers of the Trained Nurses' Association for 1914 are:—President, Miss Bartleet, Madras; Vice-President, Miss Mackenzie, Calcutta; Secretary and Treasurer, Miss Tindall, Bombay.

Miss Mill, of Bombay, was elected President of the Association of Superintendents, and Miss Hawkins, Secretary.

Throughout the meetings great enthusiasm was shown, and many interesting papers were read and discussed.

The January number of the *Nursing Journal of India* will contain a detailed account of the proceedings of the Conference. E. B. K.

PRACTICAL POINTS.

How to Mount Stairs.

The fatigue and—in cases of heart weakness—the danger of mounting stairs may be reduced to its minimum by adopting the right method of doing this—namely, to keep the body erect, and to imagine oneself as lifting a weight *with the chest*, not with the pelvis as most people do. After short practice this manner of going upstairs soon becomes mechanical, and the consequent immunity from breathlessness and aching muscles is well worth the trouble of acquiring.

An Aseptic Sick Room.

An American Nurse writes:—"I have recently been nursing in a Private Hospital in the States, where the rooms could be kept absolutely aseptic. The flooring was cork carpet; this was swabbed with an antiseptic wash every morning. The walls were washable, and all the fittings and furniture were white enamelled iron, wardrobe, washstand, tables, chairs, stools and bed. Lavatories and bathrooms were fitted in the same way, and the perforated tier racks for bottles and bed-pans were most handy. What with mops and saturated dusters, we made those microbes skip."

To Save Gas.

The kitchen at the Royal Infirmary, Edinburgh, is a very model place. The device for saving gas might be more usually adopted. A tiny jet is left burning, and as the kettles are placed on the rings the gas is lighted automatically, and as soon as the kettle boils and is lifted, the gas is extinguished.

Use of Brown Paper.

The *Canadian Nurse* reminds us that stout brown paper is an excellent substitute for a temporary mackintosh, especially in dirty pus cases, where everything should be burnt immediately after dressing. In slum work brown paper has often been placed between bedclothes to retain the heat of the body.

Diet in Urticaria.

The *Journal of the American Medical Association* reports from a German source the striking results in restricting albumen in the diet of those suffering from urticaria. Milk, eggs, cheese, and meat are forbidden for two weeks. Potatoes, rice, cereals, plenty of butter and sugar and a little bread made of coarse flour are permitted, with the addition of tea, coffee, bouillon, lemon and grape juice.

Comfort of Dysentery Patients.

Acute dysentery patients usually say that the awful straining sensation is the most painful part of the disease. I have found, says Miss Pritchard in *The Nursing Journal of India*, that a partially filled rubber hot-water bottle placed under the buttocks, so that the heat affects the anus is the greatest relief in these cases. It is such a relief that the patient usually clings to the hot-water bottle and refuses to be without it for a moment.

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