

mental, but often at the cost of their bodily strength and energy.

The greater part of the institutions addressed in this way, have gratified the demand, and in order to obtain the desirable unity and harmony in nursing matters, the Dutch Nursing Association convened a meeting at the end of May, at which were present the most eminent figures of our nursing world, the Matrons of the leading Hospitals, several Professors and Physicians, at which the following conclusions have been adopted:

1. The care of the sick must never be left to untrained persons, neither by day nor night.
 2. The day-service of the head and other nurses must not last longer than twelve hours, deducting the time for the various meals.
 3. The head and other nurses, who have arduous work during the day must enjoy during the night an undisturbed rest of at least seven hours. During the night a special head nurse, who is not on duty in the day, must be charged with the task of the head nurses.
 4. Before entering the period of night-watch, the night-nurse must enjoy an extra sleeping-time of ± 6 hours; as soon as that period has expired, an extra sleeping-time of ± 4 hours must be granted to them.
 5. The night-nurses must not be on duty during the day.
 6. Every fortnight the nurses must enjoy one holiday and one free evening. On their holiday they must be exempt from all work.
- It is most desirable to give, as far as possible, to the nurses the opportunity of spending on working days their leisure hours outside of the hospital.
7. For breakfast and supper at least half-an-hour must be granted to the nurses, for dinner at least one hour.
 8. The nurses ought to be insured against sickness and personal accidents by the institution in which they are working.
 9. To the nurses must be granted a fortnight's holiday in the year, to the head nurses at least three weeks' holidays. Extra holiday times, given for special circumstances, family matters, etc., are not to be deducted from this fixed holiday-time.

It is thought desirable to grant to the nurses a three week's, to the head nurses a month's holiday.

A lively and most interesting discussion was provoked by the question how the proportion of the number of the nurses to that of the patients was to be fixed. The opinions, however, proved to differ so much in this matter, that it was impossible to take a decision.

The Annual General Meeting of the Dutch Nursing Association is to be held this year in the Hague, on the 11th July. Those who assist at this will at the same have an opportunity of visiting the Exhibition of Women's Work, where in the Congress Hall, Dr. Catherine van Tussenbroek will hold that day a lecture on "the wanting of vital energy with our young women and girls." We have, no doubt, but a large auditorium will be present at that occasion, for the above-named female physician is one of our most learned and skilful lady doctors, who has of late held a seat in the commission, charged with the examination of our future physicians—a very characteristic token of the time. For that reason I here mention the fact. **HOLLANDER.**

The Medical, Surgical, and Hygienic Exhibition.

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MESSRS. MAW, SON AND THOMPSON.

The stand of Messrs. Maw, Son and Thompson, of Aldersgate Street, contained, as usual, a goodly assortment of all the latest surgical appliances and accessories. We specially noticed a brown leather bag, in the construction of which, the hinge, so inconvenient in most bags, was avoided. A new clinical thermometer, patented by this firm, in which the index is instantly replaced, no violent shaking or knocking being necessary, should prove very popular. We saw also an admirable ward lamp should be patronised largely by night-nurses. We noticed with satisfaction, that Messrs. Maw and Thompson have reproduced the glass bowls for lotions, tipped with red and blue, which we designed for the Chicago Exhibition in 1893, and which were much admired at the Nursing Exhibition in St. Martin's Town Hall in 1896, as well as the glass receptacles in different colours for thermometers in ward use. It is obviously disgusting that the same thermometer should be used round the ward for mouth, axilla, and rectum indiscriminately, but this is what not unfrequently happens.

MESSRS. DOWN.

On the stand of Messrs. Down, of St. Thomas' Street, Borough, we noticed a folding cradle, which should be most useful to district nurses. The cradle was designed by Nurse Steer, of Guy's Institution.

MEAT AND VEGETABLE EXTRACTS.

THESE were numerous. Leibig's Extract of Meat Company was of course, well to the fore. The Vimbos Company, Limited, of 130, Queen Victoria Street, E.C., was also in evidence, with its well-known symbol of the ox clambering out of the tea cup. Vimbos was used during the late Græco-Turkish War, and the proprietors possess a testimonial from H.R.H. the Crown Princess of Greece, stating that "nothing revived the starving poor so quickly as Vimbos." Maggi's Consommé was on view on the stand of Cosenza and Co., of 95, Wigmore Street, and Vejos, prepared by the Vejos Company, Limited, of 143, West Ham Lane, was dispensed to an appreciative public, with the addition of boiling water, in small tea cups. Having sampled the mixture, we are able to bear testimony to its palatable properties, the flavour of celery, which is very appreciable, being distinctly pleasant. On the authority of the *Lancet*, it is declared that "Vejos is physiologically as valuable as a good meat essence," while its cost is stated to be nominal. It should, therefore, become a most popular article of food.

MISCELLANEOUS.

Amongst the many other articles of interest to nurses we may mention the Diabetic bread, biscuits, and other preparations of Messrs. G. Van Abbott & Sons, of 6, Duke Street Mansions, Grosvenor Square, the bread prepared by the Hovis Bread Flour Company, Limited, and the various preparations of the Maltine Manufacturing Company, Limited, which seemed to us especially palatable, and likely to find favour with invalids.

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