

The accidents, diseases, and complications met with before, during, and after labour, and the Nurse's duties in each event.  
The writing out of reports of a maternity case.

(b) For the *Gynæcological Nursing Examination*—

A practical knowledge of antiseptic principles and of the sterilisation of appliances.  
A knowledge of the more common diseases of women which require nursing.  
A knowledge of the methods of preparing diets for operation and other cases.  
The methods of preparing a patient for a vaginal, and for an abdominal, operation.  
The duties of the Nurse during and after such operations.  
A practical knowledge of the subsequent progress of such patients, and of the duty of the Nurse in various emergencies.  
The writing out of reports of a gynæcological case.

3. The *Vivâ Voce Examination* shall be conducted in two parts.

*Part I.—Practical Nursing* details, such as the making of beds for different cases; the proper lifting or moving of the patient; the proper washing and dressing of the infant; the administration of medicines, enemata, douches, &c.

This part will be conducted by the Hospital Matrons who are Examiners.

*Part II.—Theoretical Nursing* :—

The names and use of ordinary instruments.  
The preparation of antiseptic lotions and dressings.  
The methods of preparing plugs, bandages, and dressings.  
The proper charting of temperature, pulse, &c.  
Questions elucidating the Candidate's answers to the written papers.

This part will be conducted by the Medical Examiners.

#### FEEs.

The fee payable by each Candidate either for the Monthly Nursing Certificate or for the Gynæcological Nursing Certificate shall be one guinea, of which 7s. shall be returnable to her if she fails to pass the Examination.

The Examinations in 1903 will be held in the first week of June, of September, and of December.

The names of Candidates for the Examination in June should be sent *as soon as possible*; and all further information can be obtained by sending a stamped and addressed envelope to

DR. AARONS,  
14, Stratford Place,  
London, W.

## Practical Points.

In the *Homœopathic Journal of Pediatrics*, Dr. Decker, of Buffalo, calls attention to the value of uncooked eggs as food for growing children. Of all the substances found in the animal organism, albumin seems to be the one most directly concerned with the phenomena of growth and development. Its value as a food is correspondingly great, and is not sufficiently appreciated. In the artificial feeding of children this should be borne in mind. The white of the raw egg is the most available form in which we can find albumin, and it should be used in the preparation of most of the foods for children. After the regular nursing period, it is well to add raw eggs to the milk regularly taken by the child. Free albumin is one of the most easily digested substances, and is rapidly made use of by the muscle-cells.

A writer in the *Medical Council* gives the following as the best method of administering a hypodermic injection :—Pick up the entire fleshy mass between the skin and the bone in the less tender part of the upper limb, the back, upper arm or shoulder, and push the needle directly through at right angles to the skin. It should be done with a quick stab, and made to enter the muscle mass. The fluid is then gradually pushed home, after which the needle is withdrawn quicker than it went in, the puncture site being massaged for a moment for the double purpose of obliterating the needle-track and promoting absorption of the injected liquid. He adds :—I have never had an abscess in twenty years' work. It is the only right and least painful way of giving a hypodermic injection.

It is not only tuberculosis that is to be combatted by open-air treatment. Fresh air and exercise are two of the first requisites for the restoration of the perverted gastric function. Indigestion, in a great number of cases, is only a manifestation of general ill-health, and, if lasting relief be desired, it is essential that the ordinary rules of hygiene should be observed. The *Practitioner* for March states that a moderate amount of bodily exercise, not amounting to fatigue, a cold or tepid bath in the morning, and open windows day and night, are all means to restore and keep physical health, and they are essential to the dyspeptic. The *Practitioner* insists that every effort should be made to keep the sufferers cheerful and prevent them from brooding over their real or imaginary troubles, as the good effect of cheerful society, especially at meal-times, is most noticeable.

"A bad lobster in a dark cellar," as we all know, emits a ghastly phosphorescent light. And now Professor Hans Molisch, of Prague, has reported to the Vienna Academy of Sciences the discovery of a lamp lighted by means of bacteria, which he claims will give a powerful light and be free from danger, thus being valuable for work in mines and powder magazines. The lamp consists of a glass jar in which a lining of saltpetre and gelatine inoculated with bacteria is placed. Two days after inoculation the jar becomes illuminated with a wonderful bluish-green light caused by the innumerable bacteria which have developed in that time. The light will burn brilliantly for from two to three weeks, afterwards diminishing in brightness.

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