

uterine arteries, 72 a minute, heard at the 20th week.

(10) The funic souffle—a murmur caused by pressing the cord between a limb and the uterine wall—120-160 a minute.

(11) Foetal heart sounds may be heard after the 20th week, and resemble the ticking of a watch, and vary from 120-160 a minute.

(12) The "quickening" occurs about the middle of pregnancy, and after this foetal movements can be felt.

(13) Ballottement is felt internally by vagina and externally by abdomen. It is obtained by pressing the foetus from the uterine wall and keeping the hand pressed on the uterine wall, when the foetus will be felt to return to it like a lump of ice in a glass of water.

The only positive signs of pregnancy are the foetal heart sounds, foetal movements, and ballottement.

We commend highly the papers by Miss C. M. Barrett, Miss M. J. Bailey, Miss E. A. Crewes, and Miss A. M. Welchman, and also commend those sent by Miss K. C. Denny, Miss C. M. Macrae, Miss M. Atkinson, Miss E. Cooper, and Miss F. Sheppard.

An admirable paper by Miss Gladys Tatham exceeds in length the limits defined for this competition.

QUESTION FOR THIS WEEK.

How are burns usually classified?

Rules for competing for this competition will be found on page xii.

OUR PRIZE COMPETITIONS FOR MAY.

In future the new set of questions will be published in the last issue each month. The questions for May are as follows:—

May 6th.—What are the chief points which should be emphasised when visiting the homes of the poor by a nurse who is engaged in combatting tuberculosis?

May 13th.—What are the most important points in nursing cases of anæmia, and why?

May 20th.—How would you teach probationers to fill and apply (1) hot water bags; (2) ice bags?

May 27th.—How would you prepare (1) the room; (2) the bed; (3) the patient in a confinement case?

A DESIRABLE POST.

The resignation by Miss Mollett of the Matronship of the Royal South Hants and Southampton Hospital creates a vacancy in an important provincial institution. There will no doubt be many applicants for this desirable position, which is advertised in our columns on page v.

In What Way may Sleep be Induced Without Drugs?

By Miss E. J. HURLSTON.

The most common causes of sleeplessness in ordinary life are pain and physical and mental exhaustion. To induce sleep without the use of drugs, it is necessary to consider the surroundings of the sleepless one, to select a room as free from noise as possible. In towns, one at the back of the house is generally the best, as street noises, such as cab whistles and paper boys are more disturbing than a continuous noise. Then general thoughtfulness in the household is necessary, to avoid the ringing of bells, banging of doors, talking on the stairs, etc.; also heavy footsteps are irritating, especially when in the room over head. The room chosen should be easily ventilated and the window kept wide open, the bed being placed out of a draught, and in such a position that the light does not fall on the sleeper's eyes. Comfort must be the first consideration. A single bedstead, and firm wire and horsehair mattresses, are generally preferred, and the bedclothes must be warm and light.

Having secured the best surroundings available, next endeavour to ascertain the cause of the sleeplessness; then remove it, if possible; failing that, alleviate it.

If from pain, pay attention to the painful part, and apply simple remedies to relieve it. A hot-water bottle is often invaluable for any nerve pains, or a light shawl or hot wool for pains in teeth or ears, or wherever warmth is required. For a painful limb, a comfortable position is the first thought; small pillows of various sizes to raise it or to keep off pressure frequently have the desired result. When sleeplessness is caused by over fatigue of mind or body, it is desirable to settle all little "worries" in the first place, or the "mole hills will become mountains," then farewell to any hope of sleep. A warm bath or "sponge," and a brisk brushing of the hair, improve the circulation, and so encourage sleep. A cup of hot milk or beef tea when in bed are often very useful, or even chocolate to eat; in fact anything that alleviates the feeling of exhaustion. In hot climates fruit is refreshing, and has the desired result. Indigestion is a frequent cause of sleeplessness, therefore a heavy meal should not be eaten late in the evening, neither should tea or coffee be taken late, as they are too stimulating; in fact they are narcotic antidotes. Exercise in the fresh air (riding or walking) is an inducement to sleep, and the daily use of it should never be omitted.

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