

## EXAMINATIONS FOR WOMEN HEALTH VISITORS AND SCHOOL NURSES.

The next Examination of the Royal Sanitary Institute for Women Health Visitors and School Nurses will be held in London on April 26th and 27th, and to assist School Teachers and other students entering for the Examinations in Hygiene in its bearing on School Life, as well as Health Visitors and School Nurses, a course of lectures will be delivered at 90, Buckingham Palace Road, S.W., beginning on Friday, February 16th, at 7 p.m., for which a fee of £1 rs. will be charged. The Course will consist of Lectures and Practical Demonstrations on Physiology, Personal Hygiene and the Sanitation of School Buildings and Dwellings. The Hygiene of Child-life and Educational Methods will also be dealt with.

Special arrangements will also be made for each student to attend a course of six Infant Consultations under the direction of Dr. G. Eric C. Pritchard and, in connection with these, opportunity will be afforded for students to follow up this instruction by visiting the infants in their homes. Students desirous of attending the lectures are asked to send their names at once to the Secretary of the Institute.

Many Local Authorities have in recent years appointed Health Visitors who have hitherto prepared themselves mostly for their duties by taking the examination for Inspectors of Nuisances, but the nature of their duties renders it important that they should be more specially qualified in other matters relating to personal hygiene and the care of children which do not come within the scope of the duties of an Inspector of Nuisances, set out by the Local Government Board.

The lectures arranged by the Royal Sanitary Institute meet a real need, therefore, especially as its certificate is named in the Local Government Board Order as one of the qualifications for Health Visitors, and a memorandum issued by the Board of Education suggests that, as the inspection of School Children becomes general it will be necessary to appoint School Nurses, whose duties will approximate to those of Health Visitors.

## LECTURES ON MILK.

The courses of lectures on milk given at the South Western Polytechnic Institute, Manresa Road, Chelsea, S.W., have been most successful, and many people will be glad to know that a new course of six lectures followed by practical work is to be delivered there by Dr. A. Harden, F.R.S. (of the Lister Institute) on Thursday evenings at 7.30, commencing on February 1st.

The syllabus of the lectures includes the Chief Properties of Milk, Bacteria in Milk, Changes produced in Milk by Bacteria, Spread of Disease by Milk, and Preventive Measures. A practical class will be held immediately after the lecture. The fee for the course is 2s. 6d.

## THE MOTHER'S FRIEND AND HOUSEHOLD GUIDE.

A most useful little booklet, compiled by a member of the Nurses' Social Union, and printed by Hammett & Co., North Street, Taunton, contains a large amount of practical information, in simple language, for the small price of 2d.

### THE HOME.

On the subject of turning out a room the writer says:—"Speaking generally, I should imagine the English would be regarded as a cleaner race than the French, but one thing that French housewives beat us in is that excellent habit of theirs of taking to pieces and remaking the mattresses of their beds. This can be done at home in the following manner: If filled with wool, take your mattress to some out-of-the-way place, and lay it on a sheet on the floor. Unfasten the small rounds of leather, and rip open one end of the mattress, emptying the contents on to the sheet. Pick any lumps apart with fingers. Wash, starch, and iron ticking. Replace the wool, taking pains to keep the mattress even on the floor, and stitch it up again. If it is a feather mattress treat it in the same way, but before refilling rub all the inside well with yellow soap or beeswax, especially the seams, as this prevents sharp points of feathers working through the outside covering."

### THE PARENT.

In the chapter devoted to "The Parent" we read: "More and more, as time goes on, do we learn to realise that it is tremendously important to keep the life blood of our bodies pure and free from taint, everyone refraining, at least as far as he or she is able, from inflicting disease and suffering on their children and descendants. There are three poisons which may do most harm to the race, namely, drink, lead poisoning, and syphilis."

Trained nurses have a responsibility in educating those with whom they come into contact concerning the danger of these poisons.

The baby and the child both come in for their share of attention, and lastly the kitchen.

### THE KITCHEN.

The chapter on "The Kitchen" has as its heading a quotation from Johnson's Dictionary: "Oats, a grain which in England is generally given to horses, but in Scotland supports the people." A number of excellent and economical recipes for cooking are given in this chapter. In relation to soups we read: "In England this important diet is so much neglected that, unlike our French neighbours, we seldom enjoy that tasty and nourishing form of food. Inexpensive soups are those made without fish or meat, but the secret of the best soup-making is to have a stockpot always ready on the hob, into which all forms of meat, bones, and some vegetables can be put, and left to simmer in water. Put all ingredients into cold water. Crusts of bread can be used up."

The booklet is to be commended to the attention of district nurses and others.

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