

The room must now be well scrubbed with disinfectant, the ceiling whitewashed, and the walls scraped and repapered. In the case of oil paintings, careful washing is all that is required.

The nurse must remember to eat well, but not in the infected area, and should use gargles frequently. If possible, outdoor exercise should be taken every day, all outdoor attire to be kept outside the infected room.

Cups and utensils used by the patient should be kept quite separate. The nurse must remember not to go to another patient until she has undergone the proper disinfection and quarantine.

#### HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss Julia Hurlston, Miss Mary Hodgson, Miss Janet Edwards, and Miss Emily Marshall.

Miss Hurlston writes:—"When isolating a patient in a private house the points of most importance are: What will be best and most comfortable for the patient, and what precautions are necessary for the safety of the household? She advises a room which catches the morning sun, if possible, and that even if the room is made sanitary it should still remain cheerful and tasteful. The floor should be covered with a material which can be washed. Dusting must be done with a damp duster. A supply of crockery, glasses, spoons, etc., must be kept in the patient's room, and should be boiled for thirty minutes before being allowed out of the room.

Miss Mary Hodgson writes on the necessity for great personal precautions on the part of the nurse, and also the most careful disinfection and boiling of bed and personal linen sent to the laundry.

#### QUESTION FOR NEXT WEEK.

What do you mean by obstructed labour? How would you recognise it, what may cause it, and how would you deal with such cases?

#### A NOVEL COMPETITION.

A prize of one guinea, and a second prize of 15s. will be awarded for a brief description (preferably under 300 words) of any incident of hospital life or of private nursing, serious or comic, which might form the basis of a story. Consolation prizes of half-a-guinea will be given to other competitors whose matter is accepted. Merit will be estimated by the amount of interest attaching to the bare facts related, and not by the style of composition.

The Editor often receives hospital stories, for which she has not space. No doubt many of them are founded on fact. The suggestion is that these facts be presented in as few words as possible—say, from two to three hundred words, and that the writer shall receive remuneration for the fact, and not for its lengthy elaboration.

All Papers for the Competition must reach the Editor at 20, Upper Wimpole Street, London, W., by February 10th next, and the envelopes must be marked "Real Incident Competition." The names of the Prize-winners will be announced the following week, if the contributions are of sufficiently novel and intrinsic interest to satisfy the three judges appointed, and to justify their publication.

#### GOLD MEDALS FOR NURSES.

We are glad to learn that at the quarterly meeting at the Royal Free Hospital, on the 24th ult., the Earl of Sandwich presiding, it was reported that the Cordwainers' Company would provide annually a gold medal to be awarded to the nurse who had attained the highest number of marks in the final examination held at the end of three years' training. We believe such a medal was formerly given at the Royal Free Hospital during the time Miss Barton (Mrs. Ludlow) was matron; and there is no doubt such an honourable distinction stimulates a wholesome rivalry amongst the nurses, and encourages them to do their utmost to deserve it.

#### THE SCHOOL NURSES' LEAGUE.

On Wednesday, 24th January, 1912, the second lecture of the new series was given to the L.C.C. School Nurses at the Day Training College, Southampton Row, by Dr. Shrubbsall.

There was a good attendance of Nurses. The subject chosen—"Fatigue"—being particularly interesting, as, I think, no one—in any profession or work whatever—can truly appreciate as a Nurse can, what it is to be fatigued.

Dr. Shrubbsall had a number of very good slides to show by various diagrams the relative stages of fatigue and the action of the muscles before and after fatigue.

The Nurses are very grateful to the Doctors who so kindly give much time and trouble to the lectures. It is hoped that a full number of Nurses will muster for the next lecture, Wednesday, 31st January, 1912.

A. G. L.

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