

and dip it into the urine. If it turns red the urine is said to give an acid reaction.

If it does not, dip the red litmus paper into the urine; if it turns blue, then the urine is said to give an alkaline reaction.

If the urine gives neither reaction, then it is said to give a neutral reaction.

3. *Describe the Appearance.*

4. *Describe the Odour.*

5. *Describe the Response to heat and chemicals by using certain "Tests."*

TEST FOR ALBUMEN.

1. Fill a test-tube about two-thirds full of urine, and gently heat the upper part of the urine. If a turbid urine becomes clear, or clearer, then the turbidity was due to urates.

2. Continue heating until the urine boils. If a cloud comes it is either albumen or phosphates; if the cloud disappears on adding acetic acid, it is due to phosphates; if it still remains albumen is present.

TEST FOR SUGAR.

Equal parts of Fehlings Solution I. and II. Boil, and then add same quantity of urine, and if sugar is present, it will change to a brick-red colour.

TEST FOR BILE.

Put a few drops of urine on a slab, and a few drops of nitric acid, and if bile is present there will be a rainbow-like play of colours.

TEST FOR BLOOD.

Add to some urine a few drops of Tinct. Guaiac. Shake, and then add a little ozonic ether, and if blood is present there will be a blue ring at the junction of ether and urine.

TEST FOR PUS.

Urine usually alkaline and strong smelling. Add to some urine an equal quantity of liquor potassae (no heating), and if pus is present it will become ropery and jelly-like.

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss Grace Campling, Miss Maude Cullen, Miss V. James, Miss L. Nunnerley, Miss M. Eaves, Miss A. Rhind, Miss M. Dods, Miss S. Simpson, Miss L. H. Buck.

Miss Campling mentions that unless the nurse is very careful, minute particles from the towel with which the specimen glass is dried adhere to it and cause inconvenience to those examining the urine. Also that if soda is used to cleanse the vessels containing the urine they must be thoroughly rinsed, otherwise the urine will be rendered alkaline.

Miss M. Eaves points out the necessity for allowing the urine to stand long enough to

settle any deposits, those visible to the naked eye being urates, mucus, pus, uric acid, and sometimes blood.

Miss Alice Rhind remarks that when the urine is required to be tested special care must be taken that the vessel into which it is passed is scrupulously clean. It should then be transferred into an equally clean glass of some description; the conical specimen glass is the best, but, when that is unobtainable, a clean jam pot, or even a small flower vase is sure to be at hand and is quite satisfactory. This should have a paper cover placed over the top, and a gummed-label affixed (stamp paper comes in very useful) bearing patient's name, number of bed if in a hospital ward, the date, and the hour at which the specimen was passed.

QUESTION FOR NEXT WEEK

What are the common sources of bacterial infection?

THE FLORENCE NIGHTINGALE FOUNDATION.

Miss Jane A. Delano, R.N., Chairman of the National Committee on the Red Cross Nursing Service, in the United States, reports in the *American Journal of Nursing* that, the Red Cross Societies of the world have agreed to raise a fund to be known as the Florence Nightingale Foundation. A special committee was appointed to make recommendations concerning this fund, with Sir John Furley, of the St. John Ambulance Association, as chairman. Miss Boardman and Miss Delano were asked to serve on this committee. It was agreed that a medal, accompanied by a certificate on vellum, to be called the Florence Nightingale Medal, should be instituted, and that six of such medals, to be increased to the number of twelve in the event of a great war, should be available annually; that they should be granted only to trained nurses who may have especially distinguished themselves by great and exceptional devotion to the sick and wounded in peace or war. No country may propose more than one candidate for this medal annually. The final award is made by the International Red Cross Committee at Geneva. The awarding of these medals to nurses will be akin to the bestowal of the Victoria Cross to British soldiers for 'bravery in action,' and will be the highest honour which can be paid to any nurse.

A most fitting memorial. May this Nightingale Medal prove ever an incentive to a higher and higher standard of duty among nurses.

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