

OUR PRIZE COMPETITION.

WHAT DO YOU KNOW OF THE METHODS BY WHICH TUBERCULOSIS IS TRANSMITTED FROM ONE PERSON TO ANOTHER, AND THE MEASURES NECESSARY FOR THE PREVENTION AND ERADICATION OF THE DISEASE?

We have pleasure in awarding the prize this week to Miss Henrietta Ballard, Sister, Northern Fever Hospital, Winchmore Hill, N.21.

PRIZE PAPER.

The germ of Tuberculosis, known as the "Bacillus" is present in excretions of those persons suffering from the disease, in Pulmonary Tuberculosis the sputum contains many of these germs, which are very minute, red, rod-shaped bodies, so that infection may be conveyed by the act of spitting, and once the sputum become dry and mingles with the dust of the road or house, many persons may be infected through the air. Other parts of the body may be infected with the disease, spine, long bones, brain and internal organs, frequently causing the formation of large abscesses which secrete an enormous amount of pus, containing the germ, and, in intestinal tuberculous, diarrhoea, causing incontinence of the faeces, is often present.

Contact.—The hands of the person attending such cases may convey infection, either by contact with dressings, soiled linen and clothing, and the patient himself.

Kissing and inhalation of the patient's breath must be regarded as infectious.

Clothing must always be suspected, whether from patient's body or bed, as the germs may be transmitted by patient coughing up sputum and using a handkerchief instead of spittoon, and thus infecting everything coming in contact with the handkerchief or hands of patient.

Food.—Milk is very quickly infected by the air-borne germs, which contaminate its cream.

Any food having been in patient's room must be destroyed to insure no other person partakes thereof.

Prevention of Infection.

All persons suffering from Tuberculosis must be given plenty of fresh air, and should not be allowed to share a bed or room with a healthy person, or any other, if possible.

Pulmonary Tubercular patients should be provided:—

(i.) with gauze or paper handkerchief, and these must be burnt after use.

(ii.) With a spittoon, in which carbolic 1-20, or its equivalent, has been placed, and this must be emptied two or three times daily and contents burnt if possible and vessels sterilised.

(iii.) A pocket, detachable and made of a material which can be boiled or disinfected, should be pinned in a convenient place on the patient's clothing, and, into this, spittoon-flask and handkerchief should be placed and patient forbidden to spit in any other place than vessel provided, and handkerchiefs not to be placed elsewhere.

In the case of bed patients it is better to have the ordinary mug with detachable lid, and a clean dish on the table for the handkerchief.

All rooms used by patients should have floors and furniture that can be well washed and disinfected.

Utensils of patients, especially those used for feeding, must be kept scrupulously clean, and used for no other person, boiling for twenty minutes or disinfecting after use is most essential, and feeders with spouts need specially cleansing with brushes.

Clothing of patient and bed should be soaked in strong disinfectant for at least an hour before washing.

Hands of all in attendance must be scrubbed well in soap and water and disinfected after attending to patient.

Food and vessels used for same should be kept as far from patient as possible, and protected from the greatest of germ carriers, the common house fly.

Milk Cans, if left dirty, give a delightful feeding ground for germs, and should be immediately emptied, cleansed thoroughly, and turned upside down till again used, and then kept covered with a clean cloth to prevent contact with infected air.

HONOURABLE MENTION.

The following competitors receive honourable mention: Miss A. M. Burns, Miss S. F. Rossiter, Miss Violet Cooper, Miss P. Thompson, Miss M. James.

QUESTION FOR NEXT WEEK.

State what you know of uræmia. To what are the symptoms due? What are the essential points in the management?

A TRIBUTE TO TWO HEROINES.

In the presence of the Queen of the Belgians, the British and United States Ambassadors, M. Jauson, the Minister of National Defence, the Burgomaster of Brussels and the local authorities, a monument was unveiled on Friday, July 16th, at the Belgian Nursing Institute in Brussels in memory of Nurse Cavell, and Mme. Depage, who perished on the "Lusitania." M. Jauson paid a tribute to the two heroines on behalf of the Belgian Government.

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