

REGISTERED NURSES' PARLIAMENTARY COUNCIL.

A Meeting will be held at 431, Oxford Street, London, W., on Saturday, April 29th, at 4.30 p.m., to discuss "A General Nursing Council composed of Registered Nurses for the Government of the Nursing Profession," with a view to including it as an object of the R.N.P.C.

A FEW NOTES ON PERSONAL HYGIENE.

Very few people, said Dr. Leonard Williams at the recent Nursing Conference, at the Royal Horticultural Hall, Westminster, have normal eyesight. The human being has only a certain amount of energy, and this must be evenly distributed over the body. To strain the eye, is using up undue energy. Trouble to the eyes in a nurse may give trouble not only to herself, but to the patient, because it may produce irritability, headache and indigestion. The lecturer considers that the fashion of bobbing the hair is sensible for nurses. He suggests that nurses should strike against the prevailing style of uniform, which in various aspects is bad and unsuitable; there is great need for reform, he remarked, especially in respect of the veil and the high tight collar—the latter he specially condemned as impeding free circulation. The doctor does not approve of flannel garments being worn next the skin, giving as a reason that it does not absorb moisture; linen or cotton is preferable. His suggested treatment for insomnia may be good, but is certainly not very attractive—namely, to lie on one's face!

Referring to Monsieur Coué, the doctor declared that we are all preachers of suggestion, and that a nurse may do a great deal by suggestion; by creating complete mental and physical relaxation in herself she can do the same in others. He laid great stress on the importance of the personality of the nurse in respect of her patient.

WORD FOR THE WEEK.

For Adoration, in the skies,
The Lord's philosopher espies
The Dog, the Ram, and Rose;
The planet's ring, Orion's sword;
Nor is his greatness less ador'd
In the vile worm that glows.

—Christopher Smart.

TRUE TALES WITH A MORAL.

NURSING ETHICS.

Headquarters G.N.C. Trade Nursing journals liberally displayed in Registrar's Office.

Eminent Professor of Nursing from U.S.A.:
"Oh, we always place those unethical publications in the waste-paper basket!"

OVERHEARD AT NURSING EXHIBITION.

At stall of National Union of Trained Nurses. Two nurses listening eagerly to propaganda *re* the value of such a professional self-governing Union to trained nurses.

"Oh! here comes Matron!"
Nurses scuttle.

OUR FOREIGN LETTER.

THE TRAINED NURSES ASSOCIATION OF INDIA.

The Eleventh Annual Conference of the Association of Nursing Superintendents of India and Trained Nurses' Association of India was opened in the Lady Minto's Nursing Association Rooms, Calcutta, on January 5, 1922. Miss Darbyshire, the President, presided over all the sessions of the conference. She gave a short opening address, and afterwards, by her kind invitation, the members of the Conference were entertained to tea.

The principal business meeting of the Conference was on the following morning. The amalgamation of the two associations was discussed and passed. The new association to be called the T.N.A.I. It was felt that a united body would be stronger and have more weight behind it in approaching any governing body with schemes for the improvement of nursing in India. It was mentioned that there are many matters which affect Nursing Superintendents only and which it would not be expedient to discuss always at a united gathering. Out of this arose the suggestion to form a Council of Nursing Superintendents, to be elected by Nursing Superintendents who are members of the T.N.A.I. The subscription to the amalgamated association to be Rs. 5, and voluntary donations above that amount are asked for, in view of the fact that an effort is to be made to issue the *Journal* monthly. The question of the Association having a full-time, paid Secretary, was next discussed. The funds are not yet available, and to get a Government grant for such a person, some definite scheme for raising the standard of Indian nurses must be on foot before Government could be approached. A non-recurring grant is what may be hoped for first. Government might be willing to grant this for one year in order that some person could prepare statistics to be brought before Government when they are considering Registration. The establishment of Provincial centres was suggested so that the Association could get more into touch with nurses. If keen members in the various Provinces would start such centres, it would be part of the Secretary's work to visit and encourage these, and to link them up with each other, and keep up interest in nursing matters all over the country.

The membership of the Association ought to be very materially increased if it is going to be a power at all in India. It was suggested that a pamphlet should be drawn up and circulated to matrons of all large hospitals, bringing the objects and aims of the Association to their notice, and asking them to join and to encourage their trained nurses to do so also. In this connection it was mentioned with regret that many matrons of large hospitals in India are not trained nurses. Membership of the Association must be strictly confined to nurses who hold certificates of a three-years' training from a recognised training school in any country.

The office bearers for the year were then appointed. It was with very great regret that Miss

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