

## OUR PRIZE COMPETITION.

DESCRIBE THE METHODS YOU HAVE BEEN TAUGHT TO PRACTISE FOR THE CARE AND PREVENTION OF TUBERCULOSIS.

We have pleasure in awarding the prize this week to Miss Catherine Wright, S.R.N., Greenfield House, High Street, Waltham Cross.

### PRIZE PAPER.

The care and prevention of tuberculosis has the best results when it is realised by the general public how important a disease it is to civilised communities, destroying by its poisonous germs many lives, or impairing the activities of those who can survive, even when living under good conditions.

In the early ages medical history has shown that there were then ideas of care and prevention of this disease, and with the progress of time and scientific research the discovery that these germs were conveyed from animals to man, and continued to increase in the living body, with destructive results, methods were tried and enforced to lessen the very high mortality. At the present day we are taught by medical experts that this disease does infect all parts of the body, especially the lungs, and is highly contagious. Inter-marriage between those infected is unwise. Each can infect the other, and if children are born of such a marriage, they may not inherit but they will have a tendency to the disease, with a lowered power of resistance.

No mother so infected should breast-feed her offspring; and kissing, especially on the lips, should be extremely modified.

For the benefit of the general public it may be taught that "Where the sun does not enter, the doctor will," and it is an important point in the care and prevention of tuberculosis. Dwellings should have pure air, sun, and good sanitary conditions. Children artificially fed should have their cow's milk sterilised, as a very large percentage of infection is through infected milk. The loss of vitamins can be met by added fruit juices or meat juices.

Their teeth and mouths should be hygienically clean; swollen glands, enlarged tonsils, coughs, and generally failing health should be submitted to medical observation.

Epidemic disease, pneumonia, and pleurisy, leave the lungs in a delicate condition; nourishing food, rest, sleep, and warm clothing are very necessary.

Should a case develop under medical observation, the patient should have his own

room, with open windows day and night. The sputum received into a glass flask, in which is a safe antiseptic lotion, and which has a stopper. The flask should be frequently emptied, and the sputum mixed with chloride of lime before emptying into the sewer, or on to sawdust and burned. Paper handkerchiefs, also useful, must be burnt after use. Excreta utensils should have an antiseptic solution—chloride of lime.

Drinking vessels and plates are washed by themselves and kept for patient's use. Toilet requisites should be exclusive.

Body linen should be immersed in an antiseptic solution before being washed.

Other members of the family should be examined and under supervision at the tuberculosis dispensary. Early diagnosis is important, because of the curative possibilities, and in the event of any development of the disease can be transferred to sanatorium, where the educative value of the daily routine on hygienic lines is so helpful. There they are taught to safeguard themselves and others; to live in the open air and sun; to rest and to work and to play, and to regulate their diet to digestive capacity—a very great asset for a curative result.

They return to their homes to continue on these lines, and can always be under the guidance of the dispensary, which can send a visitor to tactfully regulate the hygienic home conditions.

Through this medium also sanitary authorities co-ordinate and are able to inspect dwellings, factories, and workshops and cowsheds, and to enforce rules and regulations for the health and well-being of the workers.

The trained district nurse is a very important factor in the care and prevention of this disease; she can teach and explain the value of these rules, and when a fatal case occurs she co-ordinates with the public health authorities for the right disinfection of house, room, and clothing which will ensure safety from infection for the remaining families.

### HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss M. Ramsey, S.R.N., Miss Henrietta Ballard, S.R.N., Miss P. Thomson, Miss J. Ballantyne.

### QUESTION FOR NEXT WEEK.

Enumerate some of the excuses advanced for premature weaning of infants. How would you meet them? What method of weaning would you advise a mother to adopt at the normal time?

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