

THE GENERAL NURSING COUNCIL FOR SCOTLAND.

Meetings of the General Nursing Council for Scotland, were held January 24th, 1947.

Miss E. Brodie, M.B.E., was elected Chairman of Council, and Miss A. Tulloch, O.B.E., was elected Vice-chairman for the ensuing year.

Reported that Rules under Section 14 of the Nurses (Scotland) Act, 1943, in regard to remission of training for Registration for certain Enrolled Assistant Nurses were signed on behalf of the Secretary of State for Scotland.

Reported that 12 applications from Registered Nurses for Registration with the Council as Sister Tutors, were considered and approved.

Education, Examination and Registration.

Reported that the names of 13 Nurses who had passed the Council's Examinations and had now attained the age of 21 were submitted and their Registration approved.

Reported 10 applications for re-inclusion in the Register after failures to pay the Retention Fee. All these applications were approved.

Reported that the names of 657 Nurses had been deleted from the Register of Nurses owing to non-payment of the Retention fee.

Reported that four applications for Registration by Reciprocity had been received. Two of these applications were from Nurses already registered in England and Wales, one from a Nurse already registered in British Columbia, Canada, and one from a Nurse already registered in Melbourne, Australia. All these applications were in order and were approved.

Date of Next Meeting.

It was agreed that the next Meeting of Council be held on Friday, February 28th, 1947.

BODY MECHANICS IN NURSING ARTS.

By BERNICE FASH, B.P.S., B.S.*

In this notable and valuable work, the author reveals original thought and application in her approach to a *New Art* in Nursing—surprisingly neglected in the past—in a text book entitled: *Body Mechanics in Nursing Arts*. Bernice Fash sets forth in graphic simplicity "The Basic Principles of Physics Applied to Nursing Skills—For Greater Efficiency with Less Fatigue," and her method of instruction, by meticulous tests and diagrams, beautifully illustrated throughout the book—demonstrates, by the way, first-class instruction on practical Nursing procedure.

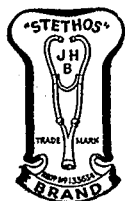
From the Foreword, written by Lucile Petry, we quote: "A new approach to the problem of utilisation of energy by Nurses is expressed in this book, which aims at the conservation of human resources. Certain principles govern wise expenditure of energy. In *Body Mechanics in Nursing Arts*, these principles are expressed along with their application to simple Nursing acts and to other everyday activities."

In her Preface, the author tells us: "Our concept of posture is no longer envisioned as that which is observed or measured in quiet standing. It is rather the dynamic functioning of the body in its everyday activities, identified by its multiplicity of movements. This new concept brings renewed vigour and stimulation to Nursing, for the optimal efficiency with which her body functions is of personal concern to each Nurse. Every Nurse who becomes a more critical student of her own body mechanics while working desires for herself benefits from the conservation of her energy and the alleviation of strain and stress, which in turn enables her to provide better care for the patient."

* Published by McGraw-Hill Book Company, Inc., New York and London.

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