

reins. Nurses, whose daily lives and ministrations are replete with acts of love and hope, are naturally the right people to scatter it abroad amongst the nations. After all, loving other people, whether of one's own or other nationality, does not involve so very much effort.

The only firm basis on which international love can be built is that of mutual understanding and forbearance. In order to understand another's point of view one must naturally get to know it and appreciate it from the other side. That this is not so easy is apparent from the disappointing results of the Foreign Ministers' Council in Moscow. Also, petty jealousies must be laid aside. Jealousy, like hate, is totally destructive in effect, and causes bitter enmities and discord. Nurses bringing new and possibly revolutionary ideas to the Congress, from whatever country, must be allowed fair opportunities to state their views, and honour must be given where honour is due. Somehow, nurses are not particularly quick in recognising a genius in their midst, which is rather sad.

Courtesy and respect of other's individuality are great weapons for forging bonds of love and peace. Courtesy begets confidence, which is the first step towards love, and, fortunately for us, courtesy is a national trait in the British character. Also, the prestige of British nurses is high; and long may it be so, which gives us a definite advantage.

If only tiny seeds of charity are sown between nurses of the world in Atlantic City, then the results in years to come will definitely be for the good of the peoples of all nations.

Lastly, such a gathering could be the means of uniting all British Nurses into a real bond of friendship. Many Nursing Associations and many Leagues of Nurses have strained their financial state to near breaking point, in order to send a delegate to Atlantic City. Each Nurse and Association may hold different ideas and have different ambitions as to how they would like the Profession of Nursing to be governed; first as members of a family choose different careers for themselves, without breaking up the family circle—so the British Nursing Profession could present a united and harmonious entity, containing diverse opinions and characters.

We all want our patients to have the best possible nursing and care during their illnesses, and we all desire good conditions, useful careers, and adequate pensions for our Nurses. Also we are all agreed that Nurses must receive a sound, scientific education to fit them for their useful careers—so that we agree on fundamentals. The real good which results from a multiplicity of organisations is that the spirit of competition is kept alive, and that one organisation may freely and constructively criticise another, which is an excellent thing. Thus one organisation is prevented from holding a monopoly, and cannot assume dictatorial powers, and thereby inflict injustices (however unintentional) on a minority.

It is in this matter that the spirit of democracy is kept alive, and a larger field is preserved for the growth of newer methods and ideas.

G. M. H.

## ELEMENTARY POST-GRADUATE PAGE FROM SISTER TUTOR'S NOTE BOOK.

### INFECTION AND INFECTIOUS DISEASES. HOW INFECTION IS TRANSMITTED.

Infection is the invasion of body tissues by the germs (bacteria) of disease, the multiplication in the body with the production of changes in the tissues causing disease. Our knowledge of Bacteriology we owe in the first place to Louis Pasteur—the famous French Scientist (1822-1895). In 1865 Lord Lister first used carbolic acid to prevent putrefaction in an open wound.

There are two main types of Bacteria:—

- (a) The useful variety.
- (b) The disease production variety.

The useful type include those which help to make the soil fertile, those used in industries for wine and beer making, and the yeast used in bread.

The disease producing bacteria are responsible for all infectious diseases and they are microscopic organisms and some are even more minute and are "ultra-microscopic" or "filter passers."

There are endless varieties of them. These germs need heat, moisture and food for their growth and some require Oxygen. Conditions of cold, dryness and sunlight prevent their growth, and they are also destroyed by boiling and by the use of disinfectants. Some germs resist great heat and are capable of remaining in "spore" until conditions are favourable to their growth. These are highly dangerous.

### THE SOURCES AND MODES OF INFECTION.

- (1) An infected patient.
- (2) Carriers.
  - (a) Contact
  - (b) Chronic
  - (c) Convalescent.
- (3) Animals, e.g. Ringworm from cats.  
Glanders from horses.  
Tubercle from cow's milk.  
Anthrax from sheep's wool.
- (4) Insects.

### METHODS OF CONVEYANCE OF INFECTION.

- (1) *Direct Contact.* Includes droplet infection by coughing, sneezing or talking, also germs carried on hands and clothing directly from one patient to another.
- (2) *Indirect Contact.* This is where the germs are carried to some distance by vehicles such as water or milk, or by fomites.

### THE CHANNELS OF INFECTION are

- (1) *By Inhalation.* That is through the nose and respiratory organs to the blood stream, e.g. Diphtheria, Scarlet Fever, Meningitis and Pneumonia.
- (2) *By Ingestion.* Germs gain access to the digestive tract and so to the blood stream, e.g. Typhoid, Fever and Tuberculosis.
- (3) *By Inoculation.* The germs gain access to the blood stream through abrasions of the skin or through an insect bite, e.g. Malaria, Erysipelas and Tetanus.

Certain Infectious diseases are known as "specific fevers" because each runs its own specific course, and its own special characteristics are repeated in every case of the disease.

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