

pageant the late Lord Ampthill, in his praise for a fine literary and artistic creation, referred especially to the work of the author and the producer.

But the history of the pageant arises not merely from ability and a love of artistic work. There must have been great sacrifice of time and effort, weariness often, much drudgery too, for achievement great or small always demands its sacrifice. Yet the drudgery was lit by humour; in her resilient way, after a defeat in the struggle, or a weary night with her pen, Mrs. Fenwick would tell, amidst laughter, the story of how the pageant was written "at the point of the bayonet," of how she had to shut and lock the door upon the writer, the poet, we might say (for all poetry need not rhyme), and this with the undertaking that when the pageant was written the prisoner would be set free. I. M.

## National Health Service.

### Study Leave for Nurses and Midwives ;

#### Intensive Courses for Teachers of Assistant Nurses

1. The attention of all Hospital Authorities was drawn in memorandum RHB(49) 156, HMC(49) 133, BG(50) 135 to the amendment of the Rules of the General Nursing Council relating to the training and examination of assistant nurses and to the desirability of establishing assistant nurse training schools in as many hospitals as are suitable for the purpose.

2. The training of assistant nurses entails in addition to the practical ward work, a certain amount of theoretical instruction, for which the employment of a sister tutor will not normally be necessary, and for which, indeed, the requisite number of sister tutors could not in any event be obtained. Such instruction can adequately be given by experienced ward sisters selected for their capacity and suitability for this work.

3. The efficacy of the teaching will be improved if the sisters giving it have had some elementary training in teaching methods. The Royal College of Nursing has provided for such training by establishing in London an Intensive Course lasting for one month, the fees for which are 10 guineas to members of the College and 14 guineas to non-members. Attendance at the course does not lead to any recognised qualification nor to an entitlement to any increase in remuneration.

4. Hitherto, sisters taking the intensive course have, in accordance with the terms of Memo RHB(50)35/HMC(50) 34/BG(50)30 had to pay their own fees, but it has now been decided that, for the future, Hospital Management Committees and Boards of Governors who have occasion to send to the course ward sisters whom they have selected as suitable to give the theoretical teaching, may, in addition to granting paid leave in accordance with Memo. RHB(50) 35/HMC(50) 34/BG(50) 30, pay the fees for the course, not exceeding the sum of 14 guineas.

We are reminded that it is now some eight years since the great betrayal of fully qualified Registered Nurses—when the Nurses Act, 1943 became law—by which semi-trained persons (assistant nurses) were given State recognition.

In the chaotic condition of the Nursing Profession today is to be seen the result of this retrograde and unjust legislation—persistently sponsored by The Royal College of Nursing.

When it is realised that the assistant nurse is a person who either fails to reach the required standard of the fully qualified State Registered Nurse—or one who does not desire it—we ask why should Ward Sisters be called upon to take an intensive course, in order to teach these persons who compete adversely with their own economic security?

## Nervous Headache.

By L. Goddard, S.R.N.

PERSONS OF A NERVOUS TEMPERAMENT, whose mind has been occupied with worry of business, or some unpleasant thoughts, often suffer with severe headache, the pain occurs on one side of the head or forehead and is usually severe.

It is often associated with visual disturbance, the pupil of the eye of the affected side dilates and contracts alternately and vision becomes blurred.

In some cases a zig-zagging light or curved bands appear sometimes in various colours.

The sight may become almost obscured and just as quickly clear again.

This may be due to paralysis of the muscles of the eye affecting one or more of the muscles of the iris and the ciliary body.

This paroxysmal nervous disturbance known as Migraine and also sick headache, appears often at a certain time, either before or after the menstrual period in women, and in some cases it occurs regularly at a certain time each week or month and recurs at a fixed interval. It often begins at the age of puberty, ceasing after 50 or 60 years of age.

It is more common in women than men, and usually found to occur in persons of high intellectuality; studying and worry appear to be the chief cause, as they may bring on a disturbance to the general health.

Bad ventilation, constipation, any emotion either mental or physical may also be the cause.

It is also believed to be due to vaso-motor affection, which causes transient spasms of the arteries.

The headache usually unilateral often occurs first thing in the morning, and localising over one eyebrow.

A reddened arc may appear over the site of the pain, vomiting usually occurs, giving relief if the stomach is full; nausea is usually present, and the nerves of the scalp are tender when pressed upon.

The temperature is unchanged, but the pulse may become slow and the temporal artery hard on the affected side, probably due to the action of the alimentary or the metabolic toxins on the cortical cells, as the tongue often becomes affected and a feeling of numbness is felt.

This numbness may also be felt in the fingers which spreads along the entire arm lasting for a few hours to a whole day.

### Treatment.

In children the cause may be the necessity to regulate the bowels, and homework and study lessened.

Anaemia, if present may be a cause and can be treated with iron tonic and cod liver oil, nourishing food and plenty of fresh air.

Sodium bicarbonate if taken when the attack seems pending will often prevent it becoming severe, and any dizziness avoided by hot strong coffee.

A hyperdermic injection of Adrenalin, which is a preparation of ergotomine tartrate, may be ordered if the case is severe.

Rest in a quiet, darkened room, and warmth to the feet may help to be effective.

After treatment, the attack completely disappears, especially after sleep, leaving no ill effect at all.

[previous page](#)

[next page](#)