

Particularly for the Student Nurses.

Point of View: Sister Tutor Says:

"Knowledge Casteth Out Fear"

I suppose that what frightens a nurse most throughout her period of training are the State Examinations. She enters hospital as a raw recruit, clumsy, perhaps, over-anxious, and gradually by training and much endeavour moulds herself into a useful member of the community. At first she hardly realises that examinations are for her, but gradually the fact is brought home to her, and the inevitable response to this knowledge is one of horror. The girl entering for the Preliminary Examination seems to suffer most, the finalist is perhaps more seasoned and sure of herself by her wider experience.

The old adage tells us that "Love casteth out fear". I would change the word "love" for "knowledge", and there you have the cause of fear in a nutshell. Lack of knowledge, the idea in your own mind that you are unsure of this or that point, lack of understanding of what you have been taught. Begin to study early, take each lecture as it is given, and understand the subject matter, link up one subject with another and realise why they are taught. Do not look upon anatomy as a box of bones, or a cupboard containing a skeleton; approach it rather as the framework of each sick patient and realise that the more you understand the essentials, the more efficiently you will be able to nurse him back to health. Look upon hygiene, not as a distressing network of drains and sewers, but as the science which deals with prevention of disease, and surely this thought will make it more acceptable as a subject.

As for nursing, it is your daily work, the art of caring for those sick in mind and body. Your innate maternal instinct and the daily repetition of ministering to those in need, which is your duty and privilege, should make you perfect in the art, and it should present to you no difficulties. Try to learn then, methodically and yet with understanding, think out the things you are taught and read until you yourself can make sense of them, can put each subject into your own words and realise that it could work no other way. Then, apart from all that is taught in the classroom, you must learn at once to be selfreliant. All the lectures in the world will not make of you trained nurses; sister tutors can only guide you in the way you should go.

Private study does much for you, group discussions are invaluable, remembering that two heads are better than one; keen observation and interest in what happening around you, on the words chiefly but not only there. Widening your interests will increase your intellect and powers of understanding. A very wise person once said: "Grasp at knowledge from any source; never be too proud to listen and learn". You can "grasp at knowledge" all the time if you keep your ears and mind ever alert. If you meet anyone who has a

wider knowledge of a subject than yourself, never be satisfied until you have taken in all she has to offer. You can learn so much from your patients. I do not suggest that you should treat them merely as cases of interest, or museum pieces to be put under a mental microscope, but little talks during your daily care of them will teach you much you might miss simply by reading the case-paper.

In a word, be human, be interested in the little things and little people with whom you come in contact. Do not look upon the text book as the only possible source of information or confine your time for study to the hours spent in the classroom, but keep an open mind at all times. You will then approach the examination and examiners not with a feeling of fear, but with the assurance that you have enough knowledge to carry you through to a happy conclusion.—E.E.FENN.

Reprinted from The Nursing Mirror.

URGENT NOTE TO ALL PROVINCIAL BRANCH SECRETARIES OF THE HEALTH VISITORS LEAGUE.

Dear friends,

You must be aware that I recently took charge of the All-India Health Visitors League Secretaryship from Miss Korah who has gone to America for further studies. I invite the co-operation of all the Provincial Branch Secretaries of the H.V.L. to help me in my work. Any suggestions for being included in the next Annual Meeting of the H.V.L. during the T.N.A.I. Conference, will be welcomed. Reports from the Provincial H.V.L. should have been received by the beginning of September, but so far no report has been received. As you must be aware that the T.N.A.I. Annual Meeting is to be held in November, and there is little time left, I earnestly request you to send me your reports at your earliest convenience.

Thanking you,
yours sincerely,
S. Rama Nand, Offg. Secretary
H.V.L.

Mrs. Rama Nand,
Welfare Centre, Chandni Chowk,
Delhi.

Operation for Left Inguinal Hernia.

A Patient aged 65 from Brahni Tribe, was admitted on August 13th. He had a small reducible Hernia from six months.

Zimmerman's operation was done on the 15th under local anaesthesia. Morphine gr. $\frac{1}{8}$. was given just after the operation and was ordered to be repeated nocte S.O.S. When the night Nurse came to see him at 9 p.m. the Patient was absent from his bed and he had taken a Hospital Blanket with him. The whole night, the Night Nurse tried his best to find the Patient but he did not find him.

At 7 a.m. the Patient came back without the Hospital Blanket and lay down in his bed. When he was asked by the Sister and