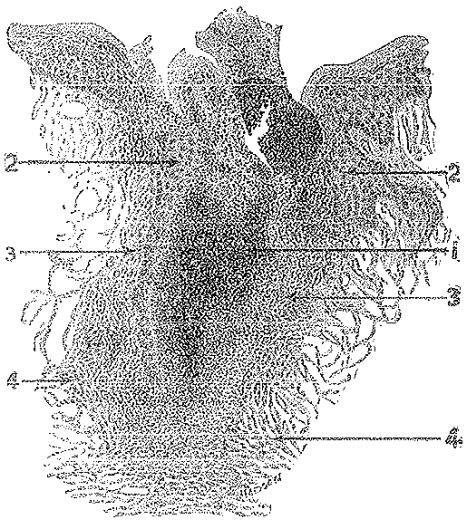

Section through healing wound.
1. Dead cells and detritus.
2. Regenerating epithelium.
3. Regenerating connective tissue.
4. Budding new capillaries.

Accidental Wounds

The combination of glycerine with iodine or boric acid is considered by many physicians as ideal for the dressing of wounds.

There are probably few products in which this combination of ingredients is so well compounded and proportioned and which so well fulfills the desiderata for a satisfactory surgical dressing as does

Antiphlogistine

It is bacteriostatic, decongestive and pain-relieving.

Sample on request

The Denver Chemical Mfg. Co., 163 Varick Street, New York

Muller & Phipps (India) Ltd., P.O. Box 778, Bombay

I do not know what it will be like when finished but the site is most imposing. Miss Alexander said she thought the money might well have been spent on something more useful.

Pretoria is the administrative capital of the Union and is a most dignified and beautiful city. One strange thing that struck me was its quietness. Although rather Grecian in style the imposing Union Buildings reminded me a little of the New Secretariat in Delhi, but they are built above terraced gardens, are more substantial looking, and stand on a higher hill, with a vast view of the city and the distant mountains. The South African 1914-18 War Memorial is most imposing. It stands directly in front of the Union Buildings and consists of a white edifice, surmounted by a man and a horse looking away over the town and valley.

I saw Kruger's house, and the church he attended on the other side of the road. The house is a long low bungalow with a narrow veranda and stood right on the pavement. I was very sorry there was not time to see his memorial, especially as round it there stand some magnificent works of art, in the shape of bronze statues of Boer soldiers. Four of them used to stand one on either side of each of the two gates leading into the Royal Engineers Barracks at Chatham, and when I was young it was my greatest delight to examine them in detail, whenever there was an opportunity. They were so real, so full of movement and vigour, that when at last two of them were sent back to South Africa, it was like losing friends, although we had always felt it was a scandal to have brought them over and were glad they were returned. I should so like to have seen them again in the setting for which they were made.

After seeing the Union Buildings, Miss Alexander very kindly took me to the Moedersband Hospital, where the Matron, Miss Fick, an old International, very kindly entertained us. The morning had been most invigorating, and the sparkling air was so bracing that I was most grateful for the cup of tea and cake which she kindly had ready for us.

The hospital is a training school for midwives for rural areas. The training is in Africaans and is for one year, which is shortly to be extended to eighteen months. There were 50 beds and 50 cots, and the staff consisted of 26 trained staff and 30 students, actually *one* nurse to less than *two* patients counting the babies! The fees paid by the patients were interesting, and, indeed, the way patients were graded according to means seemed exceedingly fair in all the hospitals I visited. It is a great pity that something of the same sort could not be done in India. Well-to-do patients had private rooms and paid the most reasonable fee of £1-10-0 or about Rs.14 a day, those in two-bedded wards 15s. or about Rs.9-8-0 a day, and in three-bedded wards 12s. 6d. or Rs.8. Patients in the wards paid according to their pockets, up to about 10s. or Rs.6-6-0, but some were free.

Many patients were confined by the staff with no extra charge, others by general practitioners whose fees were from £8-8-0 to £10-10-0, and the specialists £15-15-0.

It was interesting to hear that gas and air analgesia did not work, because of the high altitude, but that twilight sleep with hyoscine and morphia has proved most efficacious. The hospital is a beautiful one, with every kind of modern contrivance, and it bustled with efficiency.

Before I left Johannesburg, Miss Alexander very kindly asked me to a delightful luncheon party at the Country Club, to meet many members of the South African Nurses' Association. The table was spread on the veranda, and it seemed strange to be waited on by Indians. We had a wonderful view of the grounds, which had the most beautiful sweep of velvet lawns and the most fascinating trees and flowering shrubs, and many of the delicate and graceful weeping willows, which will always be associated in my mind with my fleeting view of Africa. It was a delightful party. I enjoyed meeting the other guests so much, and was dreadfully sorry there was not longer to talk to them.

I must not forget Miss Oern, one of the Health Visitors, who was most awfully kind not only to me but to my nephew, who came round with me as much as he could. Miss Oern took us both out to lunch and showed me the beautiful new cathedral. It has one feature which is quite unique, *viz.*, a chapel upstairs. I was most anxious to see it, and ran up the steps, only to be somewhat forcibly reminded that I was in a very high altitude.

I was very sorry to leave Johannesburg, and my kind hosts, the Scott-Russells. I must have been a very troublesome guest but I shall always be grateful. It is nice to think that we did have two occasions when we really went out together, and I at least enjoyed myself immensely.

AN ADDRESS GIVEN TO THE LADY HARDINGE HOSPITAL NURSES ON THE OCCASION ON THEIR PRIZEGIVING

By Miss WILKINSON

Dr. Young, Miss Winter, Ladies and fellow Nurses, I regard it a very great honour indeed to be present here today, but I cannot think why your Matron should have given me, a very humble person, such an honour, except perhaps for the sole fact of my having grown old in the Nursing Service, and mayhap, though herein she is mistaken, she hopes that beneath my grey hairs is a modicum of wisdom which I can pass on to you.

I should like first of all to give you my genuinely hearty congratulations upon the results of your examinations both in Nursing and in Midwifery. And what is especially gratifying, is, I note that in the practical examination you have all obtained a first-class pass. This is a great achievement, and of great importance for a nurse, because although it is very necessary that a trained

nurse should have a thorough theoretical knowledge of all that pertains to her work, it is most essential that the practical part, the actual work immediately concerning her patients, should be of the highest quality.

Before going further, I want to give you two words, to keep and to use: Service, and Giving,—for we nurses are verily and indeed servants of the sick, of our patients, of humanity.

You may think that what I am about to say has not much to do with these two words. Nevertheless it is all bound up within them and cannot in any way be separated from them.

Today is for you, in your career, a great landmark;—you are receiving your certificates, a sign and seal of the years of probation and training you have undergone. You are no longer probationers as we understand the word in hospital, but may now take the proud title of trained nurse, and Registered Nurse. Today you are standing on the threshold of a new life. A tremendous responsibility rests upon you. I know not what each one of you is going to do, now your time of training here is finished. By having chosen nursing as your profession you have undertaken a very big task. Maybe you entered upon it lightheartedly enough, but I venture to think that now and again during the three to four years of your training something of what nursing as a profession really means must have come into your mind,—a profession by means of which you are able to bring joy, happiness and peace to very many folk, for your profession means and can only mean one thing—Service—for you are servants in the cause of the sick and needy. Now how are you going to use your knowledge? In my experience in India, most nurses when asked this say-Mujhe ma'lum nahin, or Main Staff Nurse ka kam kisi hospital men karungi,-bazl

I would say to you: Pause awhile on the threshold of this new life which is before you; don't be in hurry; lift up your eyes and look out upon your country to which you owe so much, and to which you can give much. Look North, South, East and West. Consider the needs of your people. By that I do not mean just your own particular people, Punjabi, Marathi, Choti Nagpuri, etc., but the whole people of India. For these people, how are you going to use your skill, your knowledge? There is throughout the whole of India today a crying need for all branches of nursing, most of them as yet untouched and unexplored, and the amount of unnecessary suffering and waste of life is appalling. This waste, this suffering, can only be alleviated if the trained nurses of India take their part in helping,—nurses of the highest type, fully trained, intelligent. It is a regrettable fact that the nurses of India usually only seek posts in hospitals, as staff nurses, and for the highest pay possible; that practically none have the courage and pluck and initiative to take up other branches which are so desperately needed in India. District nursing in town and village, especially in the latter, the work of the Health nurse, Tuberculosis nurse, School nurse and Sister tutor: in all these, fully trained

nurses are needed and should take their part. The need, the opportunities, are tremendous; to meet them is an extremely difficult task, but one which you nurses of India must set to work to tackle if you are to be worthy of your high calling. It cannot be done without much self-sacrifice on your part, much patience, a willingness to be unpopular, great perseverance, and a dogged holding on amid discouragement and seemingly no progress, for probably many months and years will go by before you will see any fruit of your labours. "But I can do so little", perhaps you think. So might Florence Nightingale or Edith Cavell have thought, or many others. It may be true that "no man counts for more than one", but it is equally true that "every man counts for one". Each can do but little, but if each would do that little, all would be done.

Nursing problems are many and varied in this country. Conditions in many many hospitals are deplorable. Some big hospitals which call themselves training schools have in wards of fifty to sixty beds only two or three nurses, and a Sister to three to four wards, or perhaps no Sister at all. It is impossible to nurse, impossible even to give medicines and take temperatures properly, and there can be no training, under such conditions, yet to the disgrace of the Nursing Profession in India these hospitals are considered training schools.

It is up to you who have been trained in very different circumstances to set to work and remedy these wrongs. Do not sit down under them. In many Provinces you have your Registration Councils, and if you nurses working together make your representations to them about the injustice and wrong of these things and go on making them, not being rebuffed because they are not put right at once, but go on making your voice heard, you will in time accomplish something.

You cannot stand for yourself alone. The attitude you take, the words you speak, will affect all nurses, and each nurse should care intensely about the welfare of every other nurse and allow nothing in thought, word, or deed to be done which will bring discredit upon her profession. And in all your work you must work in co-operation with your doctors,—co-operation which means team work, a working together in loyalty, as Dr. Robinson, who spoke to the student nurses at Mysore, emphasized.

I would strongly advise some of you to consider seriously going on with further training, such as that for Sister Tutor's work. By doing so, you can help to maintain and strengthen existing training schools, and uphold the fact of the necessity of fully qualified teachers for training nurses; and you will supply an urgent need. And I would say: do not forget your own training school; come back to it for post-graduate work for a refresher course. I myself can testify to the great help this is, having gone back to my own training school in London each time I was on furlough.

I believe you are in a few moments going to impersonate some of the famous nurses of the world, who are set on a hill as a light and inspiration to us all. Yes, they are famous, but it was not fame they sought. It was their deep love and

sympathy for the sick that made them take the best possible training they could get, and then go out into the dark places of the earth, understaffed hospitals, the slums of overcrowded cities, and in loving service, utter self-sacrifice, set to work to help and to raise those among whom they worked, giving them hope and health and happiness. Go you and do likewise, in willing, devoted, selfless service.

I fear me I have trespassed much upon your time, so I must end, bidding you Godspeed. As you go forth upon your great adventure, take in your hands your lamps filled with the oil of service, and skill with which to lighten the dark places of India: a big task, but a task which is well worth while.

Here—or hereafter—ye shall see it ended,
This mighty work to which your souls are set;
If from beyond, then, with the vision splendid,
You shall smile back, and never know regret.

SOME NOTES ON PROPAGANDA

By MISS *M. E. RAWSON,*
Principal of the Lady Reading Health School, Delhi

Propaganda is really education—increasing a person's knowledge about health; or we may call it advertising health. You can by force enforce certain minimum standards of health, such as drainage, or disposal of refuse, but you cannot compel a person to want to be healthy. We have got to use other methods than forcing. We have to make people *desire* good health. Now if you are advertising something, say, soap, what methods do you use? You persuade people that the possession of this particular kind of soap will make them happier and cleaner and more beautiful. Just in the same way it is no good repeating to people that they *ought* to be healthy; that does not inspire them with any *desire* to be healthy. What you must do is to make them want to be healthy, by proving to them that good health will bring them increased joy in life, longer lives and happier lives. It is not really a difficult thing to do, but it is surprising how few people talking about health ever say anything about the joy of good health. They will talk for hours about disease, but that is only *negative* teaching, which is wrong. Tell people about the *positive* virtues of good health.

When we want to tell people about how to be healthy, we can tell them in two ways, namely, through their ears or through their eyes; one might add a third way, through their nose, because anybody who goes sniffing about the back streets of our cities could learn a good deal through the nose!

Through their ears people hear propaganda, and in this category are included wireless talks, loudspeakers, lectures, talks at Centres, songs, poetry and conversation. Don't forget the last, for it is the most important of all for the Health Visitor.

Through their eyes people see propaganda, and in this category come books, pamphlets, posters, exhibitions, silent cinema films and silent drama, and, last but not least, example.

There are also one or two methods of propaganda which combine both *seeing and hearing*, such as lantern lectures, talkie films and theatrical performances.

We will begin with the methods of propaganda through hearing.

Wireless Talks. A Health Visitor might well find herself called upon to give a wireless talk to mothers; there is nothing alarming in this; it simply means talking into a machine instead of facing the people you are talking to. A wireless talk should not be dry and uninteresting. It should be conversational and easy to remember. It should be short, with the ideas arranged in good order.

Loudspeakers are simply a way of spreading a lecture or wireless talk to a bigger audience. They are connected up to the speaker and the talk is repeated out loud to different audiences. Loudspeakers are used in certain places with a Hygiene Publicity van and can be used at any lecture where the apparatus is available. They are very useful at fairs where there are big audiences.

Lectures. There is a lot one might say about lectures, but there are two main points: what you say, and the way you say it. Choose a subject suitable to the type of audience you expect. Decide how long your lecture ought to be. Write down the main points you want to bring out, but don't write the whole lecture if you can possibly avoid it, because a lecture is really a conversation between you and your audience, and nobody likes to be talked to over a piece of paper. Use notes, but try to speak freely. Don't start with the idea that you can't speak in public; most Indians have the gift of speaking, and you probably can perfectly well. Then there are a few things to remember about how you speak. Arrange your audience properly before you begin, and see that the hall or room is properly ventilated. Don't have a dazzling light near you, which is very trying for people to stare at. Don't fidget, stand on one leg, twirl your fingers, look down at your shoes or play any other nervous tricks. A lecturer should be calm and collected; she should look straight at her audience and raise her voice sufficiently to be heard by everyone, and should not cough or stutter or say "H'm" when she does n't know what to say next. It is much better to keep silent while you are thinking how to go on.

Talks at Welfare Centres to mothers. For these it is important to choose a quiet time; it is almost impossible to give a talk with hundreds of noisy children swarming round. A good plan is to combine sewing classes and talks, and to give the mothers sewing to do while you talk to them. Every centre ought to have a magic lantern and slides, or a cinema projector, and you should make your Committee's life a burden till you are provided with one. Having got your lantern, do not be content to go on always with the same old slides, but try to get new ones from time to time. Most Public Health Departments have their own slides, which they might be willing to lend.

Songs, poetry and drama are a good way of introducing health propaganda in a country like India where the people love such things. Children especially enjoy singing, and you can teach them health songs which they will remember and understand later. You can also have competitions for the best poems or songs on a certain subject, and give little rewards. Health dramas are always a great attraction and sometimes a way of raising money if you want to buy something for your Centre, such as a pair of scales.

Conversation may seem a curious thing to include under propaganda, but a Health Visitor does the greatest part of her propaganda by door-to-door conversation with families. The first thing to remember is not to look down on those you are talking to. They may be poor and ignorant, but try to find out their better instincts and appeal to them. They are all human, and they all love children, which are two great assets.

Now we come to propaganda seen through the eyes, which includes written propaganda for literate people and pictorial propaganda for illiterate people.

Books, pamphlets etc. A very good way of doing written propaganda is by annual reports. If a Health Visitor is asked to write a report on her Centre, what is she going to put into it? It should be human and interesting, it should contain a few stories about individual mothers and babies, but it should not be too long. Some figures must go in, but it need not be a mass of statistics. It might have a bright cover and perhaps a photograph or two.

Posters. One might say a lot about posters. Many of those produced in India are bad because they are not bold enough to attract attention. Bright colours and bold drawings are needed; they should not be complicated by too much detail.

Exhibitions. A lot of money is sometimes spent on getting up exhibitions in connection with Health and Baby Weeks, but at least half of it is wasted because the exhibits are above the heads of the people. The exhibition should be quite simple. Everything should be explained in writing in the vernacular, and someone who can demonstrate well should be in charge of each stall. Living demonstrations are the best of all. A baby being bathed or weighed, or food being mixed or cooked, will make a sure appeal. Nowadays, too, model meals are made out of coloured clay and arranged on plates, looking exactly like the real thing. It is easy and cheap to make clay models in this country.

Cinema Shows. The first thing is to decide who will compose your audience and to arrange your films accordingly. Then order your film well in advance a month if possible. There are two kinds of films, standard or 35 mm. and cine-kodak or 16 mm. The standard size can be shown in any cinema, and these are usually the ones shown, but the cine-kodak size can only be shown on a cine-kodak machine. It is necessary to make sure that the projector is in good order, that the hall is well ventilated, and the audience comfortable, for they will only remember what they enjoy.

It is a mistake to assume that propaganda is only meant to reach the poorest class. These are the people who profit least, and intelligent and well educated people can learn far more than we can ever teach the illiterate. If we teach people who, in their turn, may become teachers, we are sowing seed which will bear good fruit. Propaganda is really sowing seed, and we can never tell when some word we have spoken or some picture we have shown may have borne fruit.

SUOMI: FINLAND

By MISS EDITH PAULL

Finland or the "Land of a Thousand Lakes" seemed to me to be the most peaceful spot on earth, when I visited it in August 1939. Standing amongst the quiet lakes and pine trees I felt that nothing could ever disturb the peaceful atmosphere of a place like this, for the people, too, are peace-loving and law-abiding folk, but in the face of unprovoked aggression by a powerful neighbour, they were obliged to put up a fight in order to maintain their liberty and freedom.

The northern part of Finland is called Lappland and is populated by the Lapps. In this part there are mountains and forests. (The trees do not grow very high because of the extreme northern climate.) The whole area is very sparsely populated, with very few towns. Apart from this it is a most interesting place for visitors and holiday makers. Two-thirds of the journey to Petsamo, a port town on the Arctic Ocean, can be made by train and the rest by 'bus. In the summer, visitors go to the mountains to see the midnight sun, and in the winter there is a marvellous opportunity for ski-ing.

Holiday makers going for a day trip to the mountains can always take their lunch with them, and have it in one of the empty huts which are especially built on the lonely parts of the mountains. No one lives in these huts, but the doors are always open, so that anyone can use the huts, free of charge. There are rules written up which must be obeyed, one important rule being that visitors must be sure to leave a box of matches behind for those who come after; and should it happen that the hut is occupied, the first set of visitors must make way for the newcomers.

The middle portion of Finland is a district with very many lakes, hence the name "Land of a Thousand Lakes". Big forests are especially found in the eastern part of the lake district.

Finland is inhabited by three different races, Finnish, Swedish and Lapp, the population amounting to four million, which is approximately half that of London.

The population of Swedish origin amounts to 400,000, thus constituting only one-tenth of the entire population. About 90% of the Swedes inhabit certain stretches of land along the coast line.