Their day's programme is as follows:
7 a.m. Roll call, morning inspection, and a drink of boiled water.
8 a.m. Cleaning of teeth, washing of faces.
8:30 a.m. Morning meal, of milk, barley and bread.
9 a.m. Outdoor games, songs and drill.
10 a.m. Bathing and changing of clothes (little red rompers).
11 a.m. Drink of boiled water.
12 noon. Midday meal of red rice, soup, one vegetable and either
12:30 p.m. Cod liver oil, meat or fish.
1:30 p.m. Rest.
3 p.m. Cleaning of teeth, washing and tidying.
3:30 p.m. Milk, sago and bread.
4 p.m. Outdoor games and exercises.
4:30 p.m. Changing of clothes, and removal by parents.

All the children looked well and happy. This is an excellent
foundation for a nursery school. The children learn independence.
They have separate shelves in a cupboard. They set the table,
tie their own bibs, and wash up their own plates and cups.

I also visited the Dondra Lighthouse on the southernmost
point of the Island. By the way, Ceylon is an ideal place for a
holiday. You get river and sea bathing, and the roads are mar-
vellous. I went for a long motoring trip into the interior through
Kandy, and on to the ruined and buried cities. The Singhalese
people are so charming and friendly that I really enjoyed my brief visit
to Ceylon and hope to return some day for a real holiday. The
best time to visit Ceylon is between November and April, as once
the rains break it is difficult to get around. Colombo is lovely and
very up-to-date, but things are more expensive than in India,
especially cigarettes.

SUGGESTIONS FOR AN EXPERIMENTAL
PRELIMINARY TRAINING SCHOOL

By EDITH PAULL, Sister Tutor, J. J. Hospitals, Bombay

(1) A Preliminary Training School should have an income
independent of the hospital or hospitals to which it is attached.
(2) The hospital to which the school is attached should
have an adequate nursing staff, without depending on the students
to do the entire nursing work.
(3) The school should charge fees to the students, to whom
scholarships should be available.
(4) The students should be admitted at regular periods two
or three times a year.
(5) The period spent in the Preliminary Training School
should last at least three months, and should precede, but not
be included in, the three years general training.

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(6) Every student should have a complete physical examination, including a chest X-ray, and immunisation tests.

(7) The school should have one Sister Tutor, and one assistant. Sister who would at the same time be qualifying for a Sister Tutor’s post.

(8) There should be short periods of supervised ward work during the latter part of the preliminary course.

(9) The student nurses should be encouraged to read, and given every facility to do so, for which an adequate library, with reference books, and Nursing Journals from other countries, should be available to them throughout their training.

The Curriculum during the Preliminary period should include:

Lectures.

24 on Theoretical Nursing, including Nursing Ethics and a little History of Nursing. 1 hour twice a week.
12 Hygiene (stressing the nurse’s own health and prevention of diseases). do.
18 Anatomy and Physiology. do.
6 Dietetics. do.
6 First Aid. do.
3 Simple Bacteriology. do.

Practical Instruction.

18 Practical Nursing classes, including methods of cleaning, poultice making and lotion mixing. 2 hours twice a week.
10 Bandaging classes. 1 hour once a week.
10 Bandage making and splint padding. do.
12 Practical cookery classes, with cooking tests. 2 hours once a week.

Two hours supervised study daily.
Two hours test papers once a week after the first month.

Visits of Observation, including:
Three visits to homes of patients with a Lady Health Visitor.
Visit to a School of Hygiene.
Waterworks.
Sewage Disposal works.
Dairy, for pasteurization.
Model farm, if possible, to see modern method of milk production.
Cinema, for artificial ventilation.

At the end of this period an examination should be held, both in Theory and in Practice, the questions being set by the Matron and any member on the Medical Staff of the Hospital.