

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 and 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 meat or fish.
- 12.30 p.m. Cod liver oil.
- 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 marvellous. 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

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(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.

(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.