

No Health Visitor could do all the kinds of work that have been outlined above, but many of these activities can become a part of the life of the Centre, and the Health Visitor can make a choice of those extra activities which she feels are most needed and which she is best fitted to carry out. There is great scope in this work for ideas and originality and organisation, and many Health Visitors evolve their own schemes for teaching and interesting their people. The Health Visitor can and should be the social centre of the place in which she works. One thing is quite certain, although the work will often not be easy, no good Health Visitor can expect a 'soft job' yet to the woman who has the Welfare of her country and her fellow-women at heart, the profession opens up a very wide and absorbingly interesting field of service.



### THE MIDWIVES' UNION SECTION

Hon. Secretary:—Miss S. M. Round (Sister Sallie), All Saints Dispensary, Panvel, Dt. Colaba, Bombay.

Members are asked to kindly send any helpful notes of cases and articles for this Section to the Secretary.

### SALT

*By Miss G. DAVIS, Indian Member, T. N. A. I., No. 32*

As we all know, salt is an important ingredient which is used for each and every purpose in cooking and in medicine. For (e.g.):—When it is a matter of a life and death, the saline brings the life back wonderfully, in giving it intravenously, submammarily and rectally. In cases of carbuncles and chronic septic sores we generally give sodium chloride or mag. sulph. soaking and then mag. sulph. with Glycerine Paste dressings. In doing this we find most of these cases are successful. So by all these things we come to know that the salt stimulates the blood vessels, contracts the muscles together and heals the sore parts quickly.

In all parts of the world people try to take certain precautions after delivery in order not to get septicæmia by doing their own treatments. In India in some places without the help of the medical ways people do their own treatments for (e.g.) in some places after delivery, the patient is made to sit in a basin containing arrack, and some use ashes, and some use jaggery. With all these there is a lot of suffering and some of them die.

Now I wanted to tell you something about Bahrien Islands in the Persian Gulf in Arabia to which place I have been twice. It is a pity to state that there is not much in the way of medical departments whereby people can obtain proper medical treatments. When a patient is having labour pains they tie a rope to the door post and she is asked to hold the rope and hang down in order to deliver soon. Even though the membranes rupture, the patient is not allowed to lie down, but she can sit and bear down and have the baby in that position only. As soon as the placenta is out the patient is put down flat on her back. The size of the tennis ball, the salt is induced into the cervix. Water is strictly forbidden. This same treatment is continued for sixteen days, according to the size of the cervix. By doing this the patient hardly has any discharge. There is very scanty discharge which is more or

less like that of cancer cases. During this period the suffering of the patient is too much and it is very hard and pitiful to see them suffer with all these terrible treatments. They are alright for two or three months but after three months patient gets more trouble, such as unbearable pains during monthly periods. In some cases periods stop altogether and patient looks as if she is bearing, that is because the three months' blood is collected in the uterus as there is no way for it to come out. The disadvantage of the salt lies in that it closes the whole cervix, so well.

When these patients suffer much with pain and fever they try to come to hospital to find out why. When they are examined internally the mouth of the uterus is closed tight, where there is hardly place for the discharge to drain out. In making a small opening into the cervix there is difficulty, as it is so thick and tough, moreover it is right in the middle, on both the sides big, big blood vessels above the bladder and downwards to the rectum. They are given spinal anaesthesia, and once a little opening is made into the cervix then the rest is like curetting. After, a sterile thick rubber tubing with vaseline on according to the size of the cervix is put tightly into the opening and a pad is put to save all the discharge and make sure whether it is clean or dirty.

This rubber tubing is put in till there is dilatation. Whenever the tube comes off a Douche is given and a sterile tube with vaseline is replaced. Many of the cases die.

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### STUDENT NURSES' ASSOCIATION SECTION

Reports, Examination questions and Articles for this Section will be welcomed by the Hony. Organising Secretary, Miss Sharwood-Smith, Lady Hardinge Hospital, New Delhi.

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### THE STUDENT NURSES' UNIT

*Medical School Hospital, Vellore*

During the beginning of this year seven of our members were transferred to the Trained Nurses' Association and this last month five of our members left to complete their training in the Kolar Methodist Mission Hospital. We are hoping that this year fifteen new probationers will join us soon after their preliminary examinations.

On the 22nd of January 1937, a combined meeting for the election of Officers for the Student Nurses' and Trained Nurses' Units, was held in the Nurses' Hostel.

In February the new Committees met together with our Sisters to discuss our program for February, March and April. We decided to have the following:—A debate in February, a farewell meeting in March for those of our Staff who were leaving for furlough and a short drama in April.

February 26th saw us as a Student Nurses' Unit holding a debate for the first time in our hostel. This was a new venture for us, and we chose as our subject 'Nursing is a better character builder than Teaching'. We asked one of our doctors to act as Chair Lady. A Sister and one of our Staff Nurses acted as judges. The meeting was opened by the Secretary of our Unit. First of all the leaders from both sides brought forth their arguments. Then their supporters spoke in turn. Following this whole subject was