

Railway Concessions

To avoid disappointment, members are asked to write for railway concessions as early as possible because many of the District Secretaries are away on leave.

The Secretary's Movements

Miss Hartley will be staying at No. 4, Quarter, Jalapahar, near Ghoom, Darjeeling, from May 8th until the second week of June. She will be glad if any members staying there will write to her so that she can arrange meetings.

The Employment Bureau

The Secretary would be grateful if members would insert advertisements and let her know when posts fall vacant as although the newly formed bureau is proving very useful, more co-operation is needed to make it a great success.

A Trained Nurses Association of India teaspoon

A hand made silver and real red enamel teaspoon is to be raffled in aid of our funds. It is beautifully designed and the handle is ornamented with the T.N.A.I. badge.

The tickets are 8 annas each and members who wish to take them are asked to write to the Secretary enclosing the money.

TONE IN MUSCLE

DR. JEFFERSON, *Women's Medical College, Vellore.*

The three muscle systems of the body are the skeletal, smooth, and cardiac muscle. The first named system is under voluntary control; the other two systems are not under the control of the will. All three muscle systems in response to efferent nervous impulses develop *tone*. Tone may be defined as a state of sustained tension in muscle. As compared with the degree of tension developed in a contraction, this tonus tension is small, but it is sufficient to place the muscle in a state of readiness for contraction.

Good tonus in skeletal muscle is dependent upon the health of the muscle. (In this short account of tonus, disease considerations are ruled out.) The health of the muscle is dependent upon a good blood supply, which is in turn favoured by :—

1. Adequate supply of correctly chosen food.
2. Regular exercise.
3. Regular and adequate rest.
4. Adequate medical supervision.

Nurses are taught the details of what makes up an adequate and correctly chosen diet. We are however the servants of habits formed in our childhood, and it is frequently difficult for us to apply the principles of sound diet to our own meals. Frequent errors are :—

1. Overwhelming preponderance of carbohydrates.

2. Insufficiency of proteins.
3. Insufficiency of vegetables and fruits.
4. Incautious use of highly spiced foods.
5. Meal hours irregularly spaced, with possibility of eating between meals. This is not usually a diet error of nurses in training.

For the second point, nurses on duty in hospital usually do get sufficient exercise of a kind. If however they can get evening exercise of a different kind, taken regularly and persistently, the beneficial effects will be seen in the increased efficiency of skeletal muscle and in a certain poise of the nervous system.

A third point to stress is the getting of regular rest. Life swings in a rhythm from dawn to dark, and so with us, observance of a rhythm of work, play, rest, will carry us along in spite of hard work.

A fourth point is medical in character. A check every term should be made on hæmoglobin, weight and on intestinal inhabitants, if we wish to keep away from certain disabilities.

Having attended to these points, we may confidently expect that the normal individual will have good tone in her skeletal muscle. The important result of such attention to tone in skeletal muscle is this: there is a corresponding good tonus in heart and smooth muscle. (I have already ruled out consideration of disease; this requires medical attention.) We can voluntarily improve the tonus of our skeletal muscle, and in so doing, we improve the tonus of that muscle not under the control of our will. Then the heart muscle carries its burden well; the stomach muscle develops fine hunger pangs for you at the right time which means you are ready for food at meals which is as it should be. Further the intestinal muscle carries out its functions smoothly, preventing constipation; the uterine muscle exerts firm pressure, tending to prevent undue congestion at the menstrual period, dysmenorrhœa is thereby in some cases prevented or lessened. Most important is the influence of good tone in the smooth muscle of the walls of blood vessels, resulting in a normal blood pressure, which sustains us in the stress of work in the heat.

We cannot directly influence the tone of muscle under autonomic control, but we can directly improve the tone of our skeletal muscle, thus favouring maintenance of good posture, speed and tirelessness in movement. Better than this in so doing, we indirectly promote the health of the internal musculature of the body, which health will insure us against premature age, and will in some measure protect us in disease.

VERNACULAR TRAINING

A PAPER READ AT THE ANNUAL CONFERENCE BY MISS MOTTRAM
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I think that one of the most important questions in the nursing profession in India at the present is the education and language of our