

There will also be a special division for Health Posters which competition is open to Student Health Visitors.

Notice :

The Annual meeting of the Student Nurses' Association will be held at the Government General Hospital, Madras, on October 8, 1936 at 2 p.m.

Speaker : Mrs. Hayles.

We hope to have Reports read by a Representative from each Unit, and also to hear papers read by Student Nurses.

J. ROBSON.

We in the Lady Dufferin Hospital feel rather shy, because we've only just joined the Student Nurses' Union, but we want ours to be a really active and a live group of the Association, so our Matron suggested we should write a little note to the Journal and ask some other student members, whose union is already going strong, to tell us what they do.

This is our S.O.S. so-to-speak. Will you, some-one, who has been 'listening in' come to our help and tell us what you do?

On the 4th and 5th August 1936, the Student Nurses of the Civil Hospital very kindly invited us to tea.

During the evening, we played several games, including Tennis and Badminton. Miss Turton the acting Matron, took a keen interest in making event a happy one by joining in all the games.

We had a hearty welcome, and a most enjoyable evening.

Tea and refreshments were served on the lawn.

Answer No. 1.

We have just begun to think of exhibits for the Student Nurses' Exhibition which is going to be opened on the 7th of October in the General Hospital, Madras. We know that we ought to have started doing things for the Exhibition much earlier and we hope that you have already begun Drawings, Models and Sewing which will win you a prize.

We look forward to meeting a Delegate from your new Unit in Madras at Conference time. Be sure and come.

G. JEEVAMANI,
Christina Rainy Hospital,
Madras Unit.

ANATOMY RHYMES FOR GROWING NURSES

By L. B. of the Lady Dufferin Hospital, Karachi.

The Pelvis

To the tune of 'Three Blind Mice'

Three flat bones
Three flat bones
See what they're called
See what they're called
Ilium, Pubis and Ischium
(Later in life 'Innominate bone')
They meet and form Acetabulum
Three flat bones.

L. B.

The Spinal Column

To the tune of 'Ten Little Nigger Boys'

Thirty-three little back bones
one upon the other
Seven form the neck (Cervix)
leaving only twenty-six
Twenty-six back bones
getting bigger and bigger

Twelve to Dorsum go, I ween
 leaving only fourteen
 Fourteen back bones
 stronger still and stronger
 Five form the Lumber Spine
 leaving us with only nine
 Nine strong back bones
 merge into each other
 Five provide the Sacrum, for
 that leaves us only four
 Four small back bones
 keeping close together
 make the tail, the coccyx bone
 leaving us with only one
 One good Spinal bone
 flexible and long
 we cannot stand without it
 so keep yours straight and strong

Refrain

7 little, 12 little, 5 little
 9 little
 '33' little spinal bones,
 (Sent from Lady Dufferin Hospital, Karachi.)

L.B.

**THE HEALTH VISITORS' LEAGUE SECTION**

The Honorary Secretary of the League, Miss M. E. Rawson, Lady
 Reading Health School, Bara Hindu Rao, Delhi, will gladly
 receive reports and articles for insertion in this section.

DEAR FELLOW HEALTH VISITORS,

One of the main activities of our Welfare Centres is the weighing of infants and toddlers, and there is no doubt that if weighing is intelligently and accurately carried out, it is one of the most helpful guides in judging the progress of a child. You will notice that I say 'intelligently and accurately,' for sometimes one sees babies dumped on to the weighing machine like a sack of rice. I think we should do well to remind ourselves from time to time of the following points:—

(a) The weighing machine should be if possible of the bar and balance type and not a spring balance.

(b) Children should be weighed without any clothing; in cold weather they may be wrapped in a towel, and the weight of the towel deducted from the total weight.

(c) The mother should be instructed to place her baby carefully on the scales while the Health Visitor steadies the part holding the weights; otherwise baby may receive a nasty shock and fight shy of future weighings.

Most of us can remember the days when mothers were very sceptical about having their babies weighed. It was a common thing to hear that Shushilla had always been sick or that a devil had entered into Mohan Singh since the day he or she had been put on the weighing machine. But fortunately that phase has largely passed and people are becoming enlightened as to the value of weighing.

Weight charts are very useful. Just as we get a better idea of the progress a sick person is making by studying her temperature chart, so by looking at a weight chart we can see at a glance whether a child is getting on satisfactorily or not. We know that the gain in weight should be gradual and

steady and that a small, regular gain is preferable to a rise by leaps and bounds with frequent losses in between.

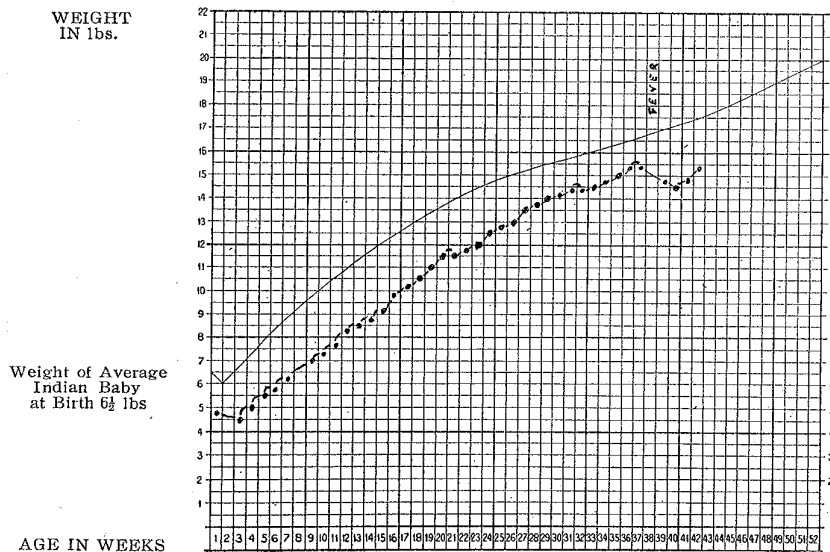
Here is an illustration of a satisfactory chart.

Name. STELLA.

Date of Birth. 6-11-35.

Weight Chart

Ascertain Baby's Weight. Find the weight in the left hand column, follow the line across the Chart till it meets with the line of the baby's age. Make a dot at this point and join by a line to the mark made the previous week. Weigh the baby the same day every week.



Similar charts showing monthly weighings may be kept for toddlers. A duplicate of the chart may be given to the mother, who, with a little encouragement will show it with pride to the father, and thus the interest of the family in the child's welfare will be enlisted and prove of great value.

You will have seen from the August number of the Journal that in connection with the Madras Conference there is to be a Poster Competition for Student Health Visitors. Time is very short, especially as some of the health schools are closed at this time of year. Please make it known as far as possible.

Yours sincerely,
M. E. RAWSON.

SOLUTION TO LAST MONTH'S CROSSWORD PUZZLE.

- | ACROSS | | DOWN | |
|----------------|------------|---------------|-------------|
| 1. Emancipate. | 17. E. R. | 1. E.C. | 12. Loin. |
| 8. Car. | 18. E. M. | 2. Maternity. | 14. Cretin. |
| 9. An. | 19. Sips. | 3. Arrears. | 16. Sepsis. |
| 10. Nan. | 20. Cows. | 4. Cap. | 19. Solo. |
| 11. Triplets. | 21. Bi. | 5. Ante. | 20. Cot. |
| 12. Lee. | 22. Lysol. | 6. Taste. | 21. Boy. |
| 13. E. T. C. | 23. Iron. | 7. E. N. | 22. Lo. |
| 15. Oranges. | 24. Toss. | | |