

Twenty-three public health nurses, including one man, graduated this last Spring from the School of Public Health Nursing of the University of the Philippines. The gentleman, Mr. Eugenio Lucero, will work with the Philippine Bureau of Health. (Query—Why not more gentlemen public health nurses?)

Does one nurse deserve another?

'I don't see why you nurses don't nurse each other more than you do.' An eminent medical man was speaking to a surprised group of graduate nurses. 'When we doctors get sick we're all ready to offer our services gratis. We consider it a privilege. But you nurses!' His tone was scathing. 'Look at the case of Miss F. for instance, a member of your own alumnae, flat on her back for weeks, and you girls living all around her; some of you in the same block, and I'll wager that not one of you has given her an hour's nursing service.' A brief guilty silence followed and the doctor went on, 'To be sure, you as an alumnae sent her flowers, flowers she was too sick to look at or appreciate; you've telephoned to ask about her, some of you, to express your concern, and hope she'll be better soon; but not one of you has put on a uniform and gone over to see what you could do to make her more comfortable. It seems to me that one good nurse deserves another, and I don't see why you as members of an alumnae association don't decide upon some system of nursing each other when you need it.'

(From *The Open Forum*, of *The American Journal of Nursing*, September 1933.)

The gentian violet treatment of burns

Burns are usually found to be practically sterile during the first 12 to 18 hours. A few contaminants such as *Bacilli Coli*, *Staphylococcus Aureus* and *Albus* have been found but their growth was light. After 18 hours infection had set in whole-heartedly and a heavy mixed infection, then *Streptococci* of beta hemolytica or gamma strain. These rapidly increased up to the 72nd hour resulting in large open areas bathed in pure cultures of an extremely virulent type of *Streptococcus*. The temperature assumes a step-ladder type.

Treatment

If the burn is fresh and clean, spray with a 1 per cent. solution of gentian dye. Repeat twice at 4-hourly intervals but do not cover with dressings. The body clothes should be supported by a cradle in which a light bulb is burning, not as a means of dry heat treatment by simply to keep the patient warm.

The most comfortable temperature for the patient has been found to be 84°-88° F.

FATIGUE

Public Enemy Number One: What it is and How to fight it

DONALD A. LAIRD, Ph.D.

Fatigue is diminished capacity for doing work. It stamps the personality with pepleness and marks the face with lines and drooping muscles. Actual ability to work as well as the desire to work are cut down by fatigue. Irritability, bad temper, and what laymen usually call nervousness are often symptoms of fatigue.

The following *test of fatigue* shows how 'that tired feeling' affects ordinary persons. Each question answered 'Yes' is usually a sign of fatigue, although in some instances some of these fatigue symptoms may be due

to illness, such as headache. It is highly significant, however, that for persons in good health, each 'Yes' answer is a sign of fatigue. The average person has twelve 'Yes' answers; more than this number, means more than average fatigue. Note, also, that even the twelve 'Yes' answers the average person makes, still show that the average person is usually in a condition of mild fatigue—even the average person, therefore, needs more attention to sleep and rest. Here is the Fatigue Inventory:

FATIGUE INVENTORY

	Yes	No
1. Have you had transient or mild headaches? ...		
2. Did you have a mild tendency to yawn, or spells of actual yawning? ...		
3. Was your appetite poor? ...		
4. Was it an effort to move your muscles? ...		
5. Did you feel drowsy? ...		
6. Did you have a tendency to nod your head? ...		
7. Did you perspire without exertion to cause it? ...		
8. Did you feel faint or hazy any time? ...		
9. Was there a suggestion of circles under your eyes? ...		
10. Did you have a taste in your mouth? ...		
11. Did tobacco, candy, or food taste flat? ...		
12. Did some of your muscles twitch from time to time? ...		
13. Were you unsteady or wobbly on your feet any time? ...		
14. Were you slouchy in sitting or standing? ...		
15. Did you get short of breath on ordinary exertion? ...		
16. Were you sick to your stomach or did you have a tendency to belch food? ...		
17. Did you want to close your eyes from time to time? ...		
18. Did you misplace things? ...		
19. Did you have trouble remembering what had just been said to you? ...		
20. Did you forget engagements, chores, phone calls, et cetera? ...		
21. Was it difficult for you to keep track of the day or date? ...		
22. Did you forget what you had read during the day? ...		
23. Did you have difficulty recalling facts (or people) which you know well? ...		
24. Were you careless during the day? ...		
25. Did you feel like <i>not</i> talking? ...		
26. Was it difficult for you to relax? ...		
27. Was it difficult for you to get yourself <i>to start</i> to read or write or do other mental work? ...		
28. Was it hard for you to get yourself <i>to start</i> to do physical work? ...		
29. Did you <i>hesitate</i> to get up when sitting in a chair? ...		
30. Did you <i>want</i> to change from one job to another before the first was finished? ...		
31. Was it difficult for you to think? ...		
32. Did you think you saw or heard things that were not present? ...		
33. Did peculiar or bizarre new ideas occur to you? ...		
34. Were you bothered by ideas coming into your head when you wanted to do something else? ...		
35. Did you have any noises, such as buzzing, in your head? ...		
36. Was there any itchiness or creepiness on your skin? ...		
37. Did any objects blur before your eyes, or did things look misty at times? ...		
38. Did you have difficulty hearing, or did you have to listen closely to remarks made to you? ...		
39. Did you laugh at almost everything? ...		
40. Did you feel blue or down-hearted for a time? ...		
41. Were you <i>irritated</i> by some things, such as noise or lights? ...		
42. Were you inclined to swear? ...		
43. Did you want sympathy? ...		
44. Were you impatient? ...		
45. Did you want to avoid singing or playing? ...		
46. Did you get rattled or confused a time or two? ...		
47. Were you jumpy or fidgety at all? ...		

					Yes	No
48.	Did you lose your temper at any time?	...	...	...		
49.	Did you want to be alone?	...	...	...		
50.	Were you ill at ease or hesitant at times?	...	...	...		
51.	Did you have a tendency to stammer or stutter or get mixed up when talking?	...	...	...		
52.	Did time drag for you?	...	...	...		
53.	Did you have difficulty <i>concentrating</i> on work you were trying to do? Did you have to exert yourself to keep your mind from wandering?	...	...	...		
54.	Were you <i>distracted to other things</i> by noises, lights, or talking?	...	...	...		
55.	Did you have trouble keeping your eyes on the work you were doing?	...	...	...		
56.	Did you do things without being aware of it?	...	...	...		

From *The American Journal of Nursing*, September, 1933.

The September issue of *The American Journal of Nursing* contains an interesting study entitled 'A Nurse Goes to Hospital'.

The hospital employs graduate service only.

'The writer requested anonymity in order to safeguard the institution described.' One might venture the opinion that she really was most kind to herself in observing anonymity.

'By training and experience she is a judge of nursing'. Some nurses by the same token are able to judge their patients.

It does seem a pity the lady had not chosen a hospital with undergraduate service, where she would have had scope and appreciation.

STUDENT NURSES' ASSOCIATION SECTION

Reports and Articles for this Section will be welcomed by the Hon. Organising Secretary, Miss J. ROBSON, S.R.N., D.N., Rainy Hospital, Royapuram, Madras.

The T. N. A. I. Conference

DEAR FELLOW NURSES,

Thank you for according to me the great honour of going as the student nurse delegate to the 'Trained Nurses' Association of India Conference. Will you forgive my inexperience and ignorance and help me in this report to you by asking me questions on points which interest you. In fact please make this meeting as much like a discussion as possible.

The great Dusserah Poojah provided a wonderful prelude to the Conference itself. The delegates went down to Mysore where the hospitality of Miss Coombs, Matron of the Krishnarajendra Hospital there, ensured a very happy time. Don't ask me to describe the Dusserah festival, it would take a Walter Scott or Rider Haggard to do that. Sufficient to say it made one think of the India of school-day imagination, the India of legends, history books and story books.

One day we went out to the Seringapatam palace of old Tippoo, Sultan of Mysore Wars fame. The palace, which is a square mass of sandstone lace, was once the residence of Arthur Wellesley, who did so much for British prestige in the south before he became the Iron Duke and led his country to western security and power on the field of Waterloo. Near