

MAINTAINING BODY HEAT AND ENERGY

One essential to life and organic functioning is the maintaining of a constancy of temperature at the normal, for the particular type of organism concerned. In man, this normal, which must remain constant under all environmental conditions, is about 98.4. Any deviation from this, either in reduced or increased temperature, indicates an abnormal state.

To maintain the constancy of this temperature nature has provided an automatic central heating system and temperature control. The fuel for body heat production consists of starch, sugar and fats. Of these starch is the more important and best adapted for conversion into heat, and must therefore constitute a definite part of the daily food intake. Each ounce of starch when oxidized within the body yields one hundred and sixteen calories of heat. It is estimated that a person of average size requires approximately 1,500 calories derived from food starches. This represents about thirteen ounces all told, for the day, of foods like porridge, bread, rice, macaroni, cakes, and tuber vegetables.

In planning for the starchy foods which are to make up the daily food requirements it must be remembered that such foods as nuts, dal and other pulses also contain starch, and when included in the daily ration other starchy foods should be reduced in proportion.

Starch metabolism leaves an acid ash residue. To facilitate the elimination of these acid end products, without damage to eliminative organs, nature first combines them with one or more alkaline salts drawn from the body tissues and fluids.

If the starch food intake is in excess of actual fuel requirements the body tissues are put to the task of meeting an abnormal demand for alkaline tissue salts. The result being a depletion of the alkaline reserve, which reserve should always be richly maintained.

Alkaline reserve is equal to health reserve and immunity reserve. By overdrawing on nature's tissue alkaline reserve, one approaches nearer the disease plane, for lowered alkalinity is the equivalent of disease. The weakest or most overtaxed organic link determines the type of disease which will develop diabetes, Bright's disease, rheumatism, gout, neurasthenia, psychosis and a large range of other conditions including lowered resistance to infections may result from diminished alkaline reserve.

There is little doubt that excessive use of starch containing foods in India is an important cause for physical enfeeblement. Just as the driver of a motor car must avoid an over-rich mixture for the driving of his car, so the fuel for driving the human machine must not be over-rich in starches, otherwise carbon acid ash forms and damages the organism.

In this connection it is very important to provide a daily supply of organic alkaline forming mineral salts to combine with the acids formed from starch digestion. This will be dealt with in another article.

H. C. MENKEL, M.D.,

Simla.

FRAGMENTS AND EXCHANGES

The attention of Nursing Supervisors and Sister tutors is called to the Nursing Education Bulletin, edited by Miss Isabel Stewart, Professor of Nursing Education, Teachers' College, Columbia University, New York. It is, in the writer's opinion, the finest thing in the way of a Nursing publication, that has been evolved. One wishes that it might be issued monthly. It seems to be exactly what we need. Its *raison de etre* is "A search for more exact measures of reliability and efficiency in nursing procedures."

The last article in Bulletin 1 is "Tests of Nursing Methods and Materials, (Typical Problems)." The actual experiments with results are shown in the following:—

1. Instrument sterilization.
2. The hand-scrub.
3. A comparison of air-dried and towel dried instruments with and without hand scrubbing.
4. How long do sterilized articles remain sterile?
5. The cleansing of rubber tubing used for enemas and irrigations.
6. The possibility of bacterial contamination of fluids in infusions.
7. The sterilization of hypodermic needles.
8. Is mere boiling sufficient to prevent disease transfer by dishes?

One's equanimity is somewhat disturbed by some of these scientific disclosures, but facing facts is the first step in arriving at better methods, and better leads to best.

Subscription is \$1. (Approx. Rs. 2-12.) Address, as above at 525, W. 120th St., New York City, U.S.A.

The Announcement of International Courses offered by the League of Red Cross Societies in conjunction with Bedford College for Women, University of London and the College of Nursing, London for the session 1931-1932 has just come to hand. Anyone wishing to examine the curriculum and requirements for admission should write the T. N. A. I. office. Two copies of the announcement are on hand.

Patient.—Doctor, how often should I clean my teeth?

Dentist.—How often do you clean your knives, forks and spoons?

Patient.—As often as they are used.

Dentist.—The same answer applies to the care of your teeth.

In giving hypodermics do not bury the needle to the hilt. Often needles break. If a third is left outside it can easily be caught and withdrawn.

"Traditional supervision was inspection. Today it is help and assistance and encouragement." (Supervision. Am. J. Nurs., August, 1930.)

Sanctorius, prior to 1632 had devised a curious and crude instrument, which he called a thermoscope, for registering temperature. It was on about 1,700 before Fahrenheit constructed a reliable instrument.

A nurse on private duty was caring for a pneumonia case. The doctor left orders to keep the windows open at all costs; and if the patient became delirious to give a hypodermic of hyoscine and repeat the dose if the patient did not quiet down. The patient became delirious and the relatives ordered the windows closed because the patient was cursing. The nurse then gave him an injection

of hyoscine, instead of quieting the patient he became more restless and attempted to get out of bed. The nurse thereupon closed the windows, fearing that he would jump out if he got away from her. In an hour the patient died. Later, the doctor told the relatives that the patient practically died of suffocation because the nurse closed the windows instead of giving another injection of the medicine he had ordered.

Q.—What instructions of the doctor should the nurse have followed under this set of circumstances—and why?

A.—She should have repeated the dose of hyoscine as ordered by the doctor before closing the windows, because she had no means of knowing that the second dose would not have quieted him.

Q.—In what acts did she exercise reasonable judgment?

A.—She was right in closing the window in face of the danger of the patient's jumping out and getting away.

Q.—Was she guilty of an act of negligence?

A.—She was negligent in that she did not carry out the doctor's orders to repeat the dose under those circumstances.

Q.—Did the doctor slander her? Why?

A.—He did, because notwithstanding that the patient died, the doctor did not tell the truth when he said the death was due to suffocation, because the nurse closed the windows; therefore he disparaged her professionally.

Q.—Was there anything in the above case that warranted the nurse in protecting her patient in preference to following the doctor's orders?

A.—Yes, although open windows form reasonable orders, in a pneumonia case, when such orders jeopardize the safety of the patient, as they did in this case, then the nurse is justified in ignoring them. But that does not also apply to her failing to give the second dose of hyoscine. (Jurisprudence for Nurses, Carl Scheffel, M.D., Ph.B., LL.B., Trained Nurse and Hospital Review. November-December, 1930.)

Excellent Health Propaganda material, in the form of pamphlets, posters, lantern slides and films are obtainable from the Superintendent, Red Cross Depot, Lahore. Nurses should write for lists.

A very fine article on The Value of Milk as an Article of Diet, written by R. D. Mittra, M.A., B.Litt., appears in "Red Cross" Vol. 5, January, 1931.

International

THE INTERNATIONAL LABOUR OFFICE AND THE REGULATION OF HOURS OF WORK FOR NURSES

From 'International Nursing Review', November, 1930

The Annual Conference of the International Labour Office was held as usual in Geneva, in the month of June. The Conference was larger and more representative than before, delegates attending from fifty-one countries. Eleven women were present either as delegates or advisers from Canada, China, Denmark, Germany, Great Britain, Hungary, Irish Free State, Poland, Sweden and Switzerland.

The three main questions on the agenda were: (1) Forced Labour; (2) Hours of Work in Coal Mines, and (3) Hours of Work of Salaried Employees. In accordance with the usual procedure, a draft convention on each subject was submitted to the three commissions set up for the purpose; these drafts were

discussed, amended and reported on to the plenary meeting, and afterwards put to the vote.

Space prevents us from giving details regarding the first two subjects. As to the third, a draft convention was adopted limiting the hours of work of clerks and shop assistants to forty-eight hours a week and eight hours a day. There was a certain amount of opposition from employers and Government representatives, who felt that this question was not of pressing importance. The very large number of persons employed in hotels, restaurants, hospitals, theatres and places of amusement is not included in the above draft; it was, however, recommended that special inquiries should be made into the situation of these classes of workers, with a view to the framing of a special convention within the next four years. The recommendation having special reference to the nursing profession reads as follows:

Recommendation concerning the Regulation of Hours of Work in Establishments for the Treatment or the Care of the Sick, Infirm, Destitute or Mentally Unfit.

The General Conference of the International Labour Organisation of the League of Nations . . . having adopted a Draft Convention concerning the regulation of hours of work in commerce and offices, and wishing to extend such regulations to as many classes of establishments as possible, including establishments for the treatment or the care of the sick, infirm, destitute or mentally unfit . . . recommends:

1. That those Members in which no statutory regulations yet exist on the hours of work of persons employed in establishments for the treatment or the care of the sick, infirm, destitute or mentally unfit, should make special investigations into the conditions obtaining in these establishments, in the light of the rules laid down in the abovementioned Draft Convention;

2. That those Members in which statutory regulation of the hours of work of the said persons already exists should make special investigations into the application of these regulations, in the light of the rules laid down in the Draft Convention in question; and

3. That in both cases the Members should, within four years of the adoption of this Recommendation, communicate to the International Labour Office, on a uniform plan to be approved by the Governing Body, full information as to the results of the investigations, so that a special report may be prepared by the Office, as a basis for considering the desirability of placing the question of the hours of work of persons employed in the establishments concerned on the agenda of a subsequent Session of the Conference, with a view to the adoption of a Draft Convention.

"Wisdom seems to me a name that belongs to God alone; a man should rather be called 'philosopher', a seeker after truth."

"It is in the heart of a man but may be increased; knowledge comes in from the outside, but does not teach its own use. The wisest men are the readiest to learn, and a wise man makes what he learns his own."

A greater trust lies before a man of wisdom; standing on higher ground than his neighbours, his outlook is wider. What do possessions profit a man if he have neither good sense nor wisdom." Goodness and wisdom are more nearly identical than at first sight appears.

Man learns wisdom from God; put His wisdom in the heart of the world and the world will fight its battles victoriously and be the best that man can make it. No man can be reckoned a wise man who leaves the world no better than he found it.

"God's wisdom teaches better than experience."

T. N. A. I. NEWS AND NOTICES

"Copies of the Register of Nurses and Midwives for 1930 are available for sale at the office of the Registrar, Madras Nurses' and Midwives' Council, No. 81, Mount Road, Cathedral Post, Madras. Price As. 10 a copy. Postage extra."

Bombay District Secretary.

MISS K. BURROWS, *District Secretary, Bombay*, will be going on leave for 2 months, from April. Miss H. Rozario, K. E. M. Hospital, Bombay, 12 will act for her.

Nurses' Association.

Will any reader let me know if the Ramsay Hospital, Naini Tal, and St. Mary's Cottage Hospital, Mussoorie, are affiliated to any London or English Hospital? Would the certificate obtained in either be recognized by the Nurses' Association?—PROBABLE PROBATIONER (Jullundur).

Wanted volunteers to arrange Hill Conferences during the Hot Weather.

It would be good if meetings could be arranged at Kashmir, Simla, Darjeeling, Mahabaleshwar, Kodaikanal, and the Nilgiri Hills. Any members going to these hill stations or to any others not mentioned can send their names to the General Secretary.

Do you know? Of course, you should if you have read your Journal:

1. That you can become a Life Member of the T. N. A. I. by paying Rs. 100. This means that you will not be called upon to pay further Annual Subscriptions even if you live to be 100 years old.
2. That you can become a Joint Member of the T. N. A. I., H. V. L., or M. U. provided you have certificates which are eligible for membership in each of these. For fuller information write to the General Secretary or refer to the January Journal.
3. That any receiving a salary less than Rs. 50 per mensem may join the Association at reduced fees. A certificate from the matron must be furnished stating your salary is not above Rs. 50 each time subscription is due.
4. That if you cannot afford to pay your annual subscription in a lump sum you may pay it half yearly. Members wishing to avail themselves of this privilege must acquaint the General Secretary a month before Annual Subscription becomes due.

Preliminary Announcement:

Annual Conference will be held at the Presidency General Hospital, Calcutta, from November 17-21. Arrange your autumn leave so that you may attend.

Furloughs of T. N. A. I. Officers.

Miss M. E. Abram, S. R. N., President, is on furlough from April. Mrs. M. Elrington Reed, S. R. N., Vice-President, will act for Miss Abram.

Miss D. Chadwick, S. R. N., Secretary of the Midwives' Union, and member of the Selection Committee, is on furlough from April. The General Secretary will attend to Midwives' Union matters, and Miss E. Hutchings, A. R. R. C., S. R. N., of Calcutta, will join the Selection Committee during Miss Chadwick's absence.

Madras District Meeting.

A social meeting for members living in Madras was held by kind invitation of Mrs. Gravely, on 24th March. Only four members attended, but possibilities of Hill Conferences and an annual conference of Madras District members were discussed and something may come out of this small meeting.

THE T. N. A. I. HANDBOOK

Is ready this month. The book has been entirely re-written and compiled and contains much information concerning Hospitals and Nursing in India never before published. It also has a very full guide to holiday resorts and homes. Illustrated with over 12 pages of good pictures. Bound in attractive cloth boards. 200 pages.

Price Re. 1-8-0, with postage and packing **Re. 1-12-0**.

Register your order now for early despatch with the Secretary,
T. N. A. I., Kilpauk, Madras.

FOR THE QUIET HOUR

Conflict.

"When the fight begins within himself

A man's worth something".

---*Browning.*

"Whosoever you see corruption by your side and do not strive against it, you betray your duty; if a man dissuade you from attempting to do well on the ground that perfection is 'Utopian', beware of that man. It is very Utopian to hope for the entire doing away of drunkenness and misery; but Utopianism is not our business—the work is."

To close our eyes to the misery moral evil works is one step towards condoning it. "Things are either possible or impossible, if a thing is impossible you need not trouble yourself about it; if possible try for it."

"I must venture. To go back is nothing but death; to go forward is fear of death and life everlasting beyond it. I will yet go forward."

"Say not the struggle naught availeth

The labour and the toil are vain

The enemy faints not nor faileth

And as things have been they will still remain,"

for God is overhead He will help us all and give us wisdom and courage to do noble deeds! but may He keep pride from us when we have done them, lest we fall and come to shame.

Next to victory is the consciousness of battle and the resolve to persevere while life is left.

(Mazzini, Ruskin, John Bunyan, A. Clough, Kingsley).

Service

"God's will is something to be done not endured."

"The service of mankind is the greatest of all the endowments of the soul, it is the Character of God Himself; without it man is a busy and mischievous wretched being."

God's work is dependent on a higher power than capability; "as the seal impresses the wax while it is hot, so on a work of love the Image of Christ is stamped."

By rising above selfish purposes men have raised the standard of service and a perception of the world as God's world is developed.

The world's need of Christ today comes from our blindness to His need of us. "Service is the grand cure for the miseries that beset mankind."

The highest enthusiasm of man's nature continues unweariedly active.

(Bacon, Carlyle).

The selections given above are taken from a little book sent us for review, entitled "A Year's Progress," or Intercourse with God. The selections are made to serve as helpful readings to elucidate the Gospel set for each Sunday and about forty other days in the Church Calendar. A very helpful book to place beside the bed as an aid to devotion and thought.

The book is published by Arthur H. Stockwell Limited, 29 Ludgate Hill, London, E. C. 4 and may be obtained through booksellers in India.

NEW MEMBERS' LIST FOR APRIL, 1931

No.	Name	Training Schools	Present Address
156	Miss R. Lyngdoh ...	Welsh Mission Hospital, Shillong, Assam. 6 years. May 1922-1928.	Welsh Mission Hospital, Shillong, Assam.
159	„ E. S. Lewis ...	Welsh Mission Hospital, Shillong, Assam. 6 years. 16th Aug. 1922-1928.	Do. ...
148	„ M. Owen ...	Royal Hamadryad Hospital, Cardiff, S. Wales, Liverpool Maternity Hospital, 3½ years.	Do. ...
121	Mrs. A. L. W. Randolph.	White Memorial Hospital, 312, Bayle Avenue, Los Angeles, California, U.S.A. 3 years. 1924-1927.	10, Cunningham Road, Bangalore, S. India.
117	Miss J. W. Mouncey ...	Nottingham General Hospital, Leeds Maternity Hospital, England. 4 years & 4 months.	B. M. S. Hospital, Berhampur, Ganjam.
116	„ V. D. Connell ...	Presidency General Hospital, Calcutta. 4 years. 15th Oct. 1924 to 24th April 1929.	Nurses' Quarters, Presidency General Hospital, Calcutta.
375	„ V. A. Lofgren ...	Rejoined.	U.L.C.M. Hospital, Retchintala, Guntur Dist.
247	„ O. E. Dicks ...	Rejoined.	Grafton Cottage, Cooper's Hill, Nr. Glasgow, England.

CHANGE OF ADDRESS LIST FOR APRIL, 1931

No.	Name	Present Address
624.	Mrs. J. E. Van Peurse	... 25 East 22nd Street, New York, U.S.A.
602.	Miss R. Lushington	... 4a Metcalfe Road, Agra, Cantt., U.P.
592.	„ L. Turton	... General Hospital, Mandalay, Burma.
585.	„ D. Chadwick	... C/o R. Chadwick Esq., Ain-Garth, Old Field Road Altrincham, Cheshire, England.
571.	„ C. B. Allinson	... Alishan 7 Cottage Beck Road, Frodingham, Scun- thorpe, Lincolnshire, England.
563.	„ E. S. Lloyd	... 408 Lordship Lane, Tottenham, London N. 17 England.
515.	„ A. Buck	... Lillingstone, Kodaikanal, S. India.
503.	„ E. G. Wilson	... Wesleyan Mission Hospital, Karimnagar, Hydera- bad, Deccan.
486.	„ L. J. Timm	... C/o Mrs. Robinson, 63 Rowditch Avenue, Derby, England.
453.	„ F. M. Richardson	... G.I.P. Railway Hospital, Nagpur.
415.	„ E. R. Monger	... C/o Y.W.C.A., Vepery, Madras.
414.	„ E. M. Martin	... St. Luke's Hospital, Murhu P.O., Ranchi.
380.	„ C. M. Mookerjee	... S.D.A. Mission, Gopalganj, Faridpur, Bengal.
365.	„ F. E. Lancaster	... Anglo-Swiss Hospital, Alexandria, Egypt.
303.	„ M. L. Gordon	... C/o Miss Town, 6 Westfield Terrace, Leeds, England.
284.	Mrs. G. D. Franklin	... Melbury, Aldeburgh, Suffolk, England.
267.	Miss N. E. Lewis	... American Friends Mission, Nowgong, Bundelkhand.
219.	„ W. Cracknell	... Faith Holme, Colombe Road, Gorleston-on-Sea, England.
182.	„ D. E. Scoins	... 48 Greenheys Road, Wallasey, Cheshire, England.
152.	„ H. W. Sutherland	... 9 Ettrick Road, Edinburgh, Scotland.
136.	„ E. Slater	... Civil Hospital, Delhi.
73.	„ B. M. Barnham	... Night Superintendent, Lady Hardinge Medical College Hospital, New Delhi.
57.	Mrs. R. H. Davies	... Sangarcoldi, Nizam's Dominion.
H.V.I. 39.	„ F. K. Leigh	... Lady Archur Welfare Centre, McConaghey Road, Quetta.
„ 42.	Miss E. Olliver	... C/o Mrs. V. Guinness, 15 Convent Road, Entally, Calcutta.
M. U. 26.	Mrs. G. M. Akehurst	... White House, Vizagapatam.
„ 27.	Miss C. Frampton	... Diocesan Mission, Calcutta.
M. U. 98.	„ M. G. New	... Hill View, Stathern, Melton Mowbray, Leicester- shire, England.

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BOOK REVIEWS

The Nursing Mirror Pocket Encyclopedia and Diary 1931. Pub. by The Scientific Press, Messrs. Faber and Faber Ltd., 24 Russell Square, London W. C. 1.

This 24th annual edition is of the same excellent standard as its predecessors. The compiler keeps the book up-to-date with all the developments and improvements in nursing. Student nurses will find the book a very helpful and inexpensive aid during their studies.

The Union Mission Tuberculosis Sanatorium, Arogyavaram.—Annual Report. 1929-30.

This report should have a wide circulation; the institution is doing a most valuable work and is highly popular, as it deserves to be. The report is a very thorough one and well illustrated. The Sanatorium is a Mission institution supported by the annual contributions of the co-operating Missions, of which there are fourteen. The co-operation of other Missions would be welcomed. The number of beds available in the Sanatorium is 197 and the daily average number of inmates was 190 during the year under report.

The Rockefeller Foundation.—Annual Report, 1929.

402 pages are required to contain the report of this vast work on behalf of public health. The activities of the Foundation are world-wide, and the total expenditure reaches the vast total of \$19,039,127.23. The main sections of the report concern Public Health Education, Yellow Fever, Malaria, and Hookworm Disease. In the field of Nursing Education surveys and visits were made in various countries in Europe, and aid was given to a number of schools of Nursing in the same countries and in Siam and Japan. The All-India School of Hygiene and Public Health in Calcutta is provided for by the funds of the Rockefeller Foundation.

The Bloodless Phlebotomist.—Pub. by The Denver Chemical Manufacturing Company, New York.

An interesting publication issued by the proprietors of Antiphlogistine. Contains very useful articles on the Treatment of Chronic Endocervicitis, the Meteorological Pathogenous Agents, and Toxaemia of Pneumonia. Brief paragraphs contain the following:—

"Male mosquitoes are strictly vegetarian in their diet."

"A million people die of tuberculosis in India in a year."

"The year 1931 will mark the one hundredth anniversary of the discovery of chloroform."

Copies of the booklet will be sent to any nurse applying to the publishers.