

would be greatly to be regretted should the knowledge of so important a study as Bacteriology be acquired only in a theoretical fashion. In such case, it becomes merely another subject for examination.

This text is heartily recommended to student nurses.

A. C. MCA. M.

The Sex Factor in Marriage, by Helena Wright, M.B., B.S. 3s. 6d.

Parenthood: Design or Accident? by Michael Fielding. 3s. 6d.

Published by Noel Douglas, 38 Great Ormonde St., London, W. C. 1.

The sufficient reason for the writing and publication of these two books is contained in an extract from a speech by the Archbishop of Canterbury. The Archbishop said: "I would rather have all the risks which come from free discussion of sex than the great risks we run by a conspiracy of silence." The first of these books discusses frankly the positive side of sex life within the marriage bond and is essentially a book for those who are or who are about to be married. Hitherto such life has been hedged about with a host of negative instructions. It is well in these days of frank discussion of such subjects to have a book of this kind which describes just those things which every married person should know, and wants to know, in a perfectly open and reverent way. The book is of 100 pages and contains an introduction by Rev. A. Herbert Gray, D.D. It is not a 'nursing' book but it is one which many nurses in India will like to know of in view of the advice that they are called upon to give in all kinds of emergency.

The second book has as sub title "A Manual of Birth-Control," and contains a preface by H. G. Wells. Whether agreed with or not the subject of birth-control is becoming more and more widely known and it is well to have a book, written with the same care and openness as the first book mentioned above, on this subject. This book contains chapters on the Meaning of Birth Control, the Socio'logical Factor, the General Principles of Contraception, Methods of Contraception, Methods of the Future, Objections to and Propaganda of Birth Control. There are also some useful appendices.

EXCHANGE

What the Rural Public Health Nurse should know about Diabetes

BY LILLIAN A. CHASE, B.A., M.B., REGINA, SASKATCHEWAN

From "The Canadian Nurse"

People are dying of diabetes today not because medical science does not know how to keep them alive, but because this knowledge is not being applied to all of the people who need it.

It is not being applied because (a) all doctors are not familiar with the newer methods of treatment, (b) patients do not present themselves to doctors for treatment until certain degenerative changes associated with diabetes have taken place, (c) after patients have placed themselves in the doctor's care they are too self-indulgent to follow instructions.

The public health nurse should know the symptoms of diabetes, which are thirst and frequency: she should know that diabetes almost never occurs in those over forty unless they are overweight or have been at some former time.

She should know in a general way how to prepare a diabetic meal; that it is no longer necessary to feed diabetic meals which are nauseatingly high in fat and that a diabetic can be fed without resorting to large quantities of cabbage.

She should know that a diabetic should visit his doctor once a month, or if he is too far away to do that at least once in three months.

She should know that a doctor in the country can take a blood sugar in a vacuum tube in which sodium fluoride and thymol will preserve it until it can reach the city for estimation, and she should know where these tubes can be obtained.

She should know that all patients whose urine shows sugar do not have diabetes and that the way to make sure is to have a blood sugar done two hours after a meal high in carbo-hydrates.

She should know that any diabetic can do all his own urinalyses and that children enjoy doing it; that any patient over ten can be taught to give his own insulin and that children are the most satisfactory sort of patients to treat, because insulin makes them happy, healthy people. After they finish growing they may be able to stop taking insulin.

She should know that to-day a diapaganda is more important in the treatment of diabetes than new discoveries because, new and wonderful as the discoveries are, the public on the whole is not taking full advantage of them.

She should know that to-day a diabetic dies from one of two reasons—ignorance or self-indulgence.

She should know that the well-treated diabetic is the healthiest person in the community because he sees his doctor regularly, is neither overweight or underweight, has the best of fruit, vegetables and meat to eat and gets plenty of exercise and sleep.

Recompense—A Nurse's Meditation

At times I'm oh so weary of people's moans and tears,
Of little children crying and their mother's many fears :
Of wan and pinched white faces, lined brows and furrowed cheeks
The marks left there by suffering of days or years or weeks.

I'm tired of burns and broken limbs, infected eyes and hands,
And fractured skulls and plaster casts, and doctor's quick commands,
Of operations large and small and anaesthetics too :
And medicines and treatments for all the good they do.

I'm tired of wounds and dressings, of gauze and tubes and pins,
Absorbent cotton by the roll, or sterilized in tins :
The endless chain of baths and tubs, massage and "sunlight rays",
Of changing sheets and pillows and carrying heavy trays.

I'm tired of making egg-flips, and creaming things on toast,
To try and coax back appetites that sick folk may have lost,
Of taking temperatures and pulses, and charting each detail,
And doing it directly for fear my memory fail.

I'm tired of neurasthenics with imaginary ills,
Their mania for cigarettes and craving for more pills,
Of alcoholic victims with their vile and evil words,
Their ravings in delirium about "wild beasts and birds".

And though I'm gladdened at the sound of each new baby's cry
I'm heartsick at the awfulness of seeing people die :
Of struggling to keep back the tears when I'd much prefer to weep;
With hours and hours on duty with no time for rest or sleep.

And yet for all its hardships, the care and strain on nerve,
There's so much satisfaction in knowing I can serve
These poor unfortunate sufferers, tortured by ill-health,
In all the different walks of life, from poverty to wealth.

That I'm sure if I were offered a chance to choose once more
Between this life and others, I'd choose just as before;
For I know that each and every deed done in His Holy Name
Is written by an angel in the Heavenly Book of Fame.

ST. MICHAEL'S HOSPITAL,
Toronto.

KAY WELSH.

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—HIPPOCRATES

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To

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or

The Midwives' Union

or

The Health Visitors' League

Affiliated with
the T. N. A. I.

Name (Printed in full)

Training Schools

.....

Length of Training

Inclusive dates of training

Positions held subsequent to training

.....

Present nursing position (if any)

.....

Present address (Printed)

.....

Signature of Applicant

I have personally known

for years and can recommend her for Membership

of the T.N.A.I. I certify that the attached Copies of her certificates are genuine.

Signature

Position

Date

This form should be signed by a Nursing Superintendent or Medical Officer (not lower than the grade of Civil Surgeon), and should be sent to the Honorary Secretary, Mrs. Watts, Kilpauk, Madras, with copies of all certificates. No money should be sent until acceptance as member is notified.

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NOTICE

TRAVELLING CONCESSION CERTIFICATES

By the courtesy of the Railway authorities concessions are granted to trained nurses enabling them to travel in a class one higher than that for which they pay fare. On South Indian Railways the concession is one half the fare in the class for which ticket is issued.

Those members who can obtain their concession forms from their own hospitals are advised to do so to save time and inconvenience. If unable to obtain a form as above then proceed as follows :—

Write to the nearest District Secretary, (see page i for addresses) or to the General Secretary if there is no secretary for your district, on the form given below.

The certificate when received from the Secretary should be sent with the prescribed form to the Divisional Superintendent in whose jurisdiction the journey is to be commenced, the Divisional Superintendent will then issue a concession which must be presented when purchasing the ticket.

N.B.—1. The use of blank forms has been prohibited owing, it is regretted, to their abuse in the past. Letters of application for concession certificates will not be answered unless the particulars on the form below are given.

Allow plenty of time when applying for the certificates. Your Secretary is probably a busy woman in a busy hospital and may not be able to reply by return.

The following is a list of some of the District Offices but at most of the largest Railway Stations a District Traffic Manager's office will be found :—

E. I. Railway	... Divisional Superintendent	... Allahabad.
G. I. P. Ry.	... Divisional Traffic Manager	... Jhansi.
B., B. & C. I. Ry.	... District Traffic Superintendent	... Kotah (Metre gauge).
		... Delhi (Broad gauge).
O. & R. Railway	... Divisional Superintendent	... Moradabad.
N.-W. Railway	... Chief Commercial Superintendent	... Trichinopoly.
S. I. Ry.	... District Traffic Superintendent	... Madras.
M. S. M. Ry.	... Traffic Superintendent	... Lahore.
Punjab	... " "	... Rawalpindi.
N.-W. F. P.	... " "	

To the { General } Secretary, T.N.A.I.....
 { District }

Dear Madam,

Will you please issue me concession forms for the journey

1. From..... Station on the.....Railway
 to..... Station on the.....Railway.

(If through tickets for the whole journey cannot be obtained give details of each stage for which a fresh ticket is needed.)

2. I intend travelling on or about..... 1930.
 I enclose a stamped and addressed envelope for reply.

TNAI Regd. No..... Name.....

Date..... Address.....

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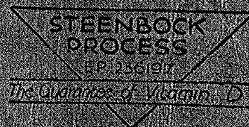
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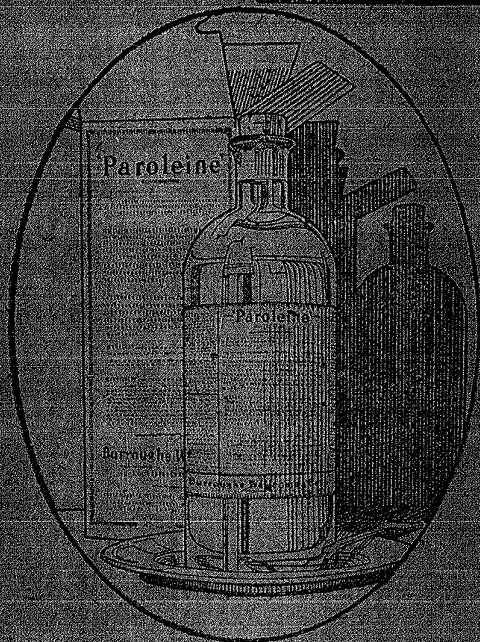
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Please take notice that the January Journal will be despatched by V. P. Post to all members in India, and that your membership subscription is collected in this way. If your address is not the same as that on the wrapper of this Journal, please write giving your new address at once. If you wish to save the V. P. P. charges, or in other ways the V. P. P. system is not convenient, please write to the Secretary before 20th December. Friends receiving Journals on behalf of members who have left the country will oblige by writing to say if the member wishes to continue her subscription or not.

Yours truly,
E. A. WATTS

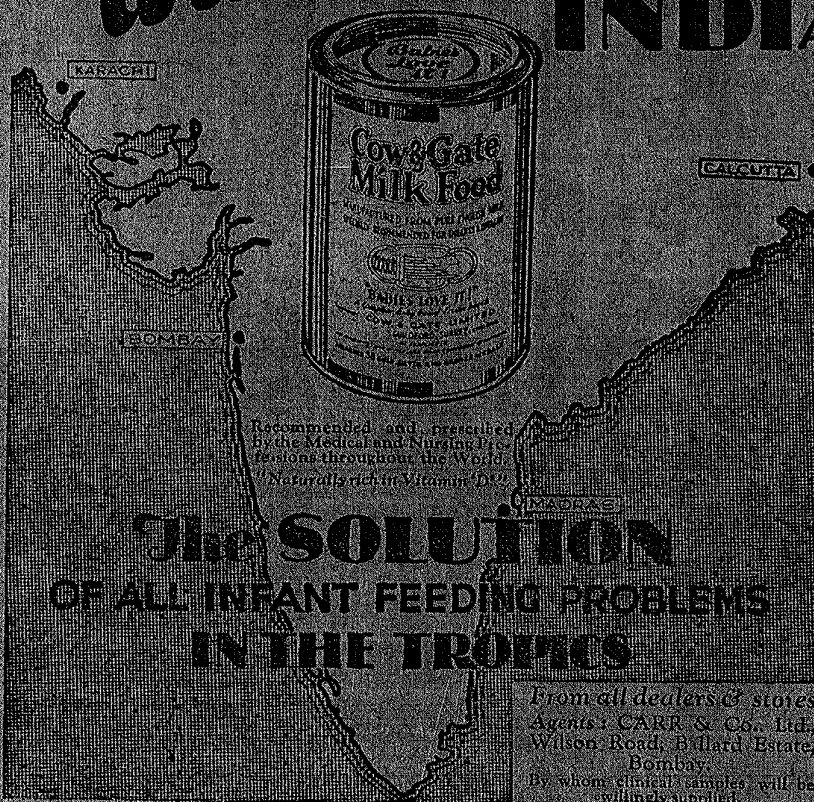
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