
NURSING MAGAZINE PAGE.

BY MISS ROUND.

(From *The Canadian Nurse*.)

The fact that garden vegetables are of value so largely because of their vitamins, and that vitamin content is to some extent dependent upon freshness, makes it possible that something more than sentiment and gratification of the palate may be involved in our preference for vegetables from the garden.—*H. C. Sherman*.

It might be well to dispense with cooking at one meal in the day, not merely to ensure obtaining the vitamins, but to reduce domestic labour. Salad and fruit should play a considerable part in such a repast.—*Gateway to Health*.

More of the green raw foods, of natural foods, are needed as an added part of our diet.—*Percy Howe*.

FOURTEEN POINTS IN MENTAL HYGIENE.

(From *The Pacific Coast Journal of Nursing*, October.)

The rules for winning and keeping mental health are the sum and substance of all psychology. Here are the rules. Try to keep them for six months and observe the gain to your happiness.

1. Acquire the habit of emotional self control. Conscious repression is a source of strength.
2. Harden yourself to endure slights, criticisms, prejudice, dislike, even abuse. The psychic hardening is highly important if the mind is to keep unwounded and healthy. Extreme sensitiveness is unhealthy.
3. Improve the senses. Exercise them, learn to see more, hear more, taste more, smell more, and touch more accurately. Exercise the senses deliberately every day.
4. Put aside unhealthy images and ideas. Don't fight them particularly, but turn your attention to something interesting and healthy.
5. Increase the accuracy of your thinking, exercise the mind while at work and at play; the good mind is both firm and swift.
6. Control your attention, always attend wholly to the matter in hand. Your capacity will increase by this exercise. Never let attention dwell on the useless or painful.
7. Study your normal positions and movements and adopt them consciously when standing or sitting. Your natural attitudes are the best for you.

8. Learn to practise. If you find a thing hard to do, but desirable, figure out exercises. Your capacity will rise along the well-known "Practice" curve.

9. Learn to relax. Muscular relaxation removes fatigue, both physical and mental.

10. Imitate good models. First realize that you are bound to imitate in almost every act of life. Then surround yourself with people you want to resemble in given qualities. Keep away from others.

11. Increase your physical and mental lightness. We walk too heavily, think too heavily, and play too heavily.

12. Establish health motivation principles. Be sure your ruling motives are good. Don't be impelled by hatred, jealousy and so on, as many people are even when they do good things.

13. Establish normal relations with other people—normal morally and socially. City dwellers often live in an abnormal world. Many people hardly touch the world at all.

14. Establish a healthy philosophy of living, have a good goal. You may change it occasionally, but be sure of what you want to accomplish to-day, to-morrow, next month and in ten years.

PREVENTABLE DEAFNESS.

(From *The Pacific Coast Journal of Nursing*, October.)

A recent editorial in the *Washington Times* says that "There are many cases of deafness from birth or early infancy, some due to microbes that attack the new born child. Twenty-five per cent. of such attacks come from hereditary, venereal blood disease—one of the worst enemies of the human race and one of the most dreadful punishments of vice." Deafness of such origin may be total or partial, and it is usually an infliction of the internal ear. The defect is often not recognized until the child fails to talk, the attack of syphilis being unexpected and somewhat elusive. Syphilitic deafness, says the United States Public Health Service, need not be profound, but its gradual or sudden effect on the hearing capacity of the afflicted child often spells economic and social disaster, and it usually reduces life to an obscure and baffling existence. Fortunately, considerable progress has been made in the treatment of deafness of venereal origin, and the future promises still greater progress in its elimination. The early detection of diseased blood in the expectant mother is essential, so that the possible ear damage of the child may be prevented by adequate treatment of the mother before the birth of the child. The preparation and wide-spread dissemination of information relating to the prevalence, the detection and the prevention of venereal diseases is a most essential and productive health measure to which the United States Public Health Service devotes special attention.