

NURSING MAGAZINE PAGE.

BY MISS ROUND.

WHAT STANDARDS FOR OPTIMAL HEALTH ?

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(From *The Public Health Nurse*.)

The development of public health, with the change in emphasis, taxes our ability to keep abreast of the times. The nation-wide enthusiasm for health education has swept us far beyond our aim of curing disease and having remedial defects corrected, to the further aim, the attainment of a healthier individual, community and nation.

Those of us who have not been able to take recent courses in "Normal Diagnosis" will find in this article, "What Standards for Optimal Growth?" standards of health and growth. This not only clarifies our own thinking but gives definite help in concrete form which we may pass on to parents and others interested in the welfare of children.

BEATRICE SHORT.

Positive health is a term coming into use to cover this smoothly running, vital, efficient body and vigorous, joyous mind; and positive health is so largely based on a good start in life, and on steady, unchecked normal growth, that good growth must always be considered in connection with proper functioning.

POINTS OF A WELL BUILT BODY.

- Strong, even teeth, closing well, no cavities.
- Eyes clear and bright, no puffiness under eyes.
- Clear skin.
- Good colour in cheeks, lips, eyelids and ear lobes.
- Even shoulders and flat shoulder blades.
- Deep, broad chest.
- Straight back.
- Flat abdomen.
- Firm muscles and sufficient, firm subcutaneous tissue.
- Straight legs.
- Normal size of knees and ankles.
- Strong foot arches.
- Antero-posterior foot position.
- Good posture.
- Straight toes.
- Proper weight for height, age and type.

POINTS OF A BODY IN GOOD RUNNING ORDER.

Alert expression.
Unobstructed breathing.
Clear, red tongue.
Steady nerves, no restlessness, *i.e.*, repose.
Cheerful disposition.
Good muscular co-ordination.
No distress on ordinary exertion.

(From *The Public Health Nurse*.)

Sairaanhoitajatarlehti is the name of the journal of the newly formed National League of Trained Nurses of Finland. The first number was printed in July, 1925, ready to greet the members of the International Council of Nurses—"Be Welcome to Suome" (Finland).

Among other interesting material (part of which for this occasion was, fortunately for us, printed in English), it contains an abstract from the national epic of Finland, of passages "relating to Nursing and Health," arranged by a Finnish nurse resident in America, who modestly conceals her identity under the initials "T.H.M.E." as a greeting "to the guests of the convention from so widely sundered regions."

We quote a few lines and commend the beautiful epic in its entirety to our readers. An English translation is available in the Everyman's Library.

Who awaits as does a mother?
Waits with hope and awe and longing
For the hour, Creator's wonder?
For the greatest of all wonders?
So the lovely Suomi mother
"Bore her dear, her heavy burden
And the pain it brought upon her,
Bore it seven months, bore eight months,
Bore it through the ninth month also,
By the reckoning of old women,
And for half the tenth month also,
Loosely dressed without a girdle,
Always dressed loosely, beltless."

Then follows a description of the Finnish "fragrant bathroom filled with vapor" made ready for "her anxious time of labor."

Thus at length a child was born her,
And relieved at last the sufferer.
Then she washed her little infant,
And in swaddling clothes she wrapped him.
On her knees she held the infant,
And upon her lap she nursed him.
With her hands did she caress him,
In a cradle did she lay him.