

There is accommodation for about 200 in-patients, and the daily out-patients' attendance, which includes all types of diseases—eye, ear, nose and throat—is about 300.

The upper floor of the hospital is for the better class of paying patients, both Europeans and Indians.

On the ground floor are the general wards, of which more than half are for surgical cases; this part of the building is always full.

The number of indoor surgical operations are over 1,000 a year, these include appendectomy operations, gastro-jejunostomy, short circuiting and resection of bowel operations for stone in the urinary and gall bladder, gynaecological and eye, ear, nose and throat operations.

The present Civil Surgeon is Colonel Stephen, I.M.S., who carries out all the major operative work—appendix and hernia operations are in the majority, and during the last year all these healed by first intention without any mortality.

The nursing of this large hospital is carried out by a staff of thirty-one which includes the matron, assistant matron, Home sister, six ward sisters, one Night Superintendent. The other nurses are in training.

The above staff also provides the nursing for the Municipal Infectious Diseases Hospital which contains about 40 beds.

The Nursing Association is a distinct organization from the Civil Hospital and is managed by a committee. It is largely financed by private subscriptions. Mr. H. H. Hood, Chief Collector of Customs in Sind, is the Honorary Secretary of the Association, and under his able and energetic directions the financial position is now assured.

NURSING IN ESTHONIA.

BY K. M. OLMSTED.

(From the League of Red Cross Societies' Nursing Supplement.)

On my recent and very brief visit to Esthonia I was amazed to find such very excellent child health work being carried on in this comparatively small and newly organized country. Miss Erma, graduate of the Second International Course in Public Health Nursing, met and took me round to see the work in Reval, and later we went to the University centre of Tartu. While in Reval, Miss Erma and I visited several city hospitals. All showed great poverty and a real lack of nursing care.

We visited the Child Welfare centre started by the American Red Cross and turned over to the city a year ago, and I was very pleased to find it spotlessly clean and evidently working well.

I met Miss Abi, an Esthonian nurse trained by the American Red Cross nurses, and now in charge of the Child Health Work. Her records were carefully kept and her monthly reports show that a great deal of excellent child welfare and prenatal care is being given. I was especially pleased to note the amount of nursing care being given in the homes by Miss Abi and her assistant and feel that this work is being exceptionally well done in Reval.

The next day we drove out to a children's farm colony kept by the Red Cross at Tabasalu, about twenty miles from Reval and near the sea. Here the Red Cross owns about 15 acres of land and six large buildings. During the summer months all children found under weight or physically below par by the school physicians are sent there and are evidently eager to go. A doctor goes to the farm every month or oftener, and great care is taken of the children's health. An average gain of 8 lbs. a child was reported for this last summer and about 350 children are cared for each year. The general care of the children seemed very good. Children are grouped by ages and live in the various houses cared for by House Matrons; all the children have single iron beds which are clean and comfortable and there are about four to eight in a room. A dining room is arranged in each house but food is sent from a central kitchen. The menu seemed sufficient and well arranged. Children from the various orphanages who are not physically strong spend the summer in the camp. Some of the older boys and girls help with the work, but there is evidently time for "play" in the surrounding woods.

One house was arranged to care for babies of one to three years of age. As the schools were opening the older children had all returned to the city the day before, but the babies, about ten in number, stayed on and were gurgling and crawling around happily in their large sunny open air room.

We then drove to another home for children supported by the Esthonian Red Cross at Murart where about 36 orphaned children are cared for the year round. Here we found a very good building and a large farm of about 40 acres which was very well kept up by a gardener. It furnishes a large part of the food for the home. Four teachers, besides the housekeeper and servants, are employed and a very good class room is arranged. The older children are sent in to Reval for higher classes. The older boys are members of the Boy Scouts and are very proud of their uniforms. A special room is set aside for their use.

The Esthonian Red Cross has also maintained a crèche at Paarkula for 16 orphans, six months to three years of age, and a very modern and well equipped sanatorium at Soki for tuberculosis cases where fifty cases can be cared for, and at Hapsal two sanatoriums for invalids, where baths, massage, etc., are bringing excellent results.

At Imaston, a home is maintained where about fifty war invalids are taught trades and are enabled to earn a living at box-making, photography, etc. Some help from the State is given to this institution but all instruments and materials are furnished by the Red Cross.

At the headquarters of the Red Cross in Reval some very well made and extremely interesting charts present conclusively and effectively the very excellent organization work and committee work of the society. These charts present in graphic form such things as the gain and weight of the children in the summer colonies, the amount of production and increased activities of the committees, and the increasing number of war invalids made self-supporting. The various activities prove beyond a doubt that the Red Cross Society of

Esthonia is doing carefully planned and efficiently executed health and social work under very difficult conditions and with the most admirable spirit of enthusiasm and true service.

After visiting other interesting hospitals and child welfare activities, I was taken by Miss Erma to her home for a most enjoyable tea and met many members of the Esthonian Nurses' Association of which Miss Erma is president.

I was much gratified and appreciative of the real honour which this new and interesting association offered in asking me to become an honorary member. The association has about 35 members and, considering the great amount of work which the association has already done and the way it is planning for future service, I feel that every member is really active; I have seldom seen such enthusiasm and interest coupled with idealism, hope and a sense of responsibility. All of this promises a brilliant future for the association and for the nursing profession in Esthonia.

The Nursing Association has two main goals toward which it is working:—

(1) To establish a training school for nurses in Esthonia under the direction of the association. There is at present no school to train nurses in Esthonia. The Red Cross started one in connection with the city hospital in Reval, but owing to lack of co-operation, was forced to discontinue last year. The Red Cross, having no hospital of its own, is willing to assist the Nurses' Association in making the best possible arrangements. It is hoped that a school can be started in Tartu in connection with the University hospitals where every facility exists for a good school and where one is very much needed.

(2) The association of nurses realizes that the great demand for public health nurses, particularly in child welfare work, must be met by well trained women if this important part of their new country's effort toward health is to be successfully carried on. The association has therefore made definite and quite excellent plans for a six months' course which will soon be started and will probably have the joint support of State, University and Red Cross. Very good theoretical instruction can be secured and a fairly satisfactory field for practical work and demonstration can be found. In Tartu, I visited a Health Centre attached to the University Children's Hospital and saw good child welfare, maternity and prenatal care being given. The centre is open daily from 10 to 12 and the two nurses attached to the centre visit the homes in the afternoon. A total of 4,369 cases are on the active list; an average of 360 children a month attend the centre and 316 mothers come for prenatal or postnatal care. The hospital has beds for about 20 children. A tuberculosis centre is maintained in Tartu where a very energetic and capable woman physician does all the examining and home visiting and laboratory work. This centre is very new but already the average attendance at the clinics is fifteen. Clinics are held twice a week. Very good co-operation seems to exist between this doctor and a rural public health nurse, who sends many cases in from the small towns near Tartu. The Red Cross pays the expenses of the doctor and clinic but the building is provided by the University. About 125 adults and 29 children were sent during the summer from this centre to the summer camps maintained by the Red Cross.

There is also in Tartu a very good school clinic where about 60 children are treated daily by Dr. W. Wadi, School Physician, who is assisted by several school nurses. All the small children in Tartu, about 7,000 in number, are examined thoroughly once a year by two school doctors paid by the city. Sick children and those with physical defects are sent to the central school clinic. If necessary, the school doctor visits the home, and the nurses do a great deal of home visiting and visit each school for a general inspection at least once a week. Fifteen public schools send their children to this central clinic. The secondary schools, 13 in number, each has a full-time school nurse and its own treatment rooms. The physical record system seemed quite complete, one card being used for the entire school life of the child, passed along by the teachers from grade to grade with his other report cards. Lectures are being given in all the schools on health and hygiene, and special hygiene classes are arranged for the older girls. Dr. Wadi stated that, as 80% of the children needed dental care, this service was particularly active and a special dental clinic was being run by dentists at the central school clinic. I enjoyed my visit to Esthonia very much indeed and shall always be very proud of my membership in the Esthonian Nurses' Association and interested in the development and progress they are so sure to attain in the future.

NEW MEMBERS.

No.	NAME.	ADDRESS.	TRAINING SCHOOL.
1.	Miss Hilda Hart Barlow..	C/o Doctor Mackenzie, B. B. & C. I. Ry. Hos- pital, Gangapur City.	Government Hospital and Government Maternity Hospital, Madras.
2.	Miss Mary Barrett ..	East India Railway Hos- pital, Allahabad.	Presidency General Hospi- tal, Calcutta. Maternity, Bristol Royal Infirmary.
3.	Miss Clara Miller Horan ..	Roanoke, Mussoorie ..	Presidency General and Eden Hospitals, Calcutta.
4.	Miss Hilda Clare James ..	Do. ..	Presidency General and Dufferin Hospitals, Cal- cutta.
5.	Miss Newman	Inglenook, Hospital Road, Srinagar, Kashmir.	London Homeopathic Hospi- tal, Gt. Ormand Street.

ASSOCIATE MEMBERS.

HEALTH VISITORS' LEAGUE.

6.	Miss Cecilia Pogose.	Winifred 25, Canning Road, Allahabad.	Agra Medical School.
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