

Psychose by kwale van die buislose kliere.
 Ouderdomspsychose.
 Psychose by organiese harsingsiektes.
 Algemene Verlamming: Cerebrale, siefelietiese.
 Huntingdonse sintvitusdans; Pellagra, ens.
 Psychopatiëse persoonlikhede.
 Swaksinnigheid.

Afdeling X.—Bedryfsterapie.

Bedryfsterapie as hulpmiddel by gewoonte-oefening; verstandelike aanpassing; maatskaplike rehabilitasie.

Werkure: Ruspose; vermoeidheid; dra van liggaamsgebreke en kwale; risiko.

Beroepskenmerke: Eenvoudigheid; verskeidenheid; omvang van werksaamhede vir verskillende soorte pasiënte. **Kalme**rende, opwekkende, gewoontevormende beroepe. Gebruik van uitskot en goedkoop materiale.

Geskikte beroepe: Houtwerk, weefwerk, metaalwerk, leerwerk, die maak van matte en tapyte, plastiekwerk, kleurwerk, ens., en die verskillende erkende ambagte en nywerhede. Fröbelmetodes.

Afdeling XI.—Teorie en Praktyk van Siekeverpleging.

Versorging van die siekekamer; vereistes en skikkings.

Maniere van buitelugbehandeling; verandas; tente; beskuttings.

Persoonlike aandag aan die kranke; opneming en ondersoek.

Diët: Toediening van voedsel.

Toediening van Medisyne: Deur die mond, en endelderm; onderhuids en op ander maniere; entstowwe.

Die Bed: Verwisseling van bedlakens; gebruik van trek-lakens; waterdigte klede; waterbedde; lugbedde; warmwaterbottels.

Reiniging van die kranke en sieklikes.

Bedserie: Oorsake, verhoeding en behandeling.

Observasie van Gevalle: Rapporteer oor kentekens; punte waarop gelet moet word; voortekens van siekte; pols; asemhaling; temperatuur; toestand van ontlastings; aantekeninge en kaarte; urienetoets.

Asepsia en antiseptis.

Verbande en Toedienings: Kompresse; pappe; warm kompresse; prikkel-kompresse; verbinding; spalke; uitrekking; blare; lawemente; saliene inspuitings; setpille; kateters; uitspoelings, bestoming; opaseming; besondere baaie; afspons; natte inwikkeling; bedleunings en stutte; massering; **pas**siewe en herstellingsbewegings.

Voorbereidings vir 'n Operasie: Versorging en sterilisasie van instrumente; verpleging na operasie.

Koskook vir die Siekekamer: Bereiding van voedsel vir die sieke.

Tekens van Naderende Dood. Versorging van die Dooies.

Afdeling XII.—Liggaamlike Siektes en Kwale en Hoe om die te Verpleeg.

Kentekens en Tekens van Siekte:—

Algemeen: Ontsteking; hoofpyn; koors; verstywing; verstoring van die eetlus; gewigsverlies; bloedarmoede; pyn; slaaploosheid; skok; collaps.

Van die Huid: Prikkeling; uitslae; verkleuring; verswering.

Van die Spiere: Uittering en swakte; sametrekkinge.

Van die Beendere en Gewigte: Misvorming; opswelling; styfheid; onnatuurlike beweeglikheid.

Van die Asemhalingstelsel: Floutes; hartkloppings; aamhegtigheid; blouword; opswelling; uitswelling; spatare; aambeie; bloedgesewel in die oor.

Van die Asemhalingstelsel: Hoes; spuug; blouword; onderbroke asemhaling; gelokaliseerde pyne; koors.

Van die Spysverteringstelsel: Mond, tande en tong; slegte spysvertering; opgeblaasheid; vermeer; diarree; verstopping; koliek; geelsug; obstruksie.

Van die Urinêre en Voortplantingstelsels: Veranderings in die uriene; watersug; coma; stuipe; waterbreuk; aarbreuk; maandstond-veranderings; abnormale vloeiings.

Kwale: Suikersiekte; kanker; rumatiek; slagaa-verdikking; hartkwaal; bronchitis; borsvliesontsteking; longontsteking; buikvliesontsteking; blindedermonsteking; nierkwaal.

Micro-organisme en Onvatbaarheid vir Besmetting: Tuberculose; sieflis; disenterie; ingewandskoors; influensa; masels; skarlakenkoors; witseerkeel; roos.

Gewone parasiete.

Slymgeswelle en exophthalmiese kroggeswelle.

(3) Voorlopige Eksamen.

Wat van Kandidate Vereis word.

(a) 'n Kandidaat sal nie tot die voorlopige eksamen toegelaat word nie alvorens een-kwart van die opleiding in hierdie reëls voorgeskryf voltooi is.

(b) 'n Kandidaat vir die voorlopige eksamen moet die onderstaande indien:—

- (i) 'n Sertifikaat deur die superintendent van die inrigting geteken, dat een-kwart van die vereiste opleiding voltooi is;
- (ii) 'n aldus getekende sertifikaat dat minstens 25 lesings en 25 demonstrasies van 'n volledige kursus van lesings en demonstrasies in anatomie, fisiologie, eerstehulp, higiëne en elementêre sielkundige bygewoon is.

(4) Eindeksamen.

Wat van Kandidate Vereis word.

(a) 'n Kandidaat sal nie tot die eindeksamen toegelaat word voordat die opleidingstydperk in hierdie reëls voorgeskryf voltooi is nie, met dien verstande dat, onder besondere omstandighede, 'n kandidaat toegelaat sal word indien die tydperk van opleiding binne drie maande na aanvang van die eksamen voltooi sal word, en in sodanige geval, indien die kandidaat slaag, sal die sertifikaat van bekwaamheid teruggehou word totdat die kandidaat die opleidingstydperk voltooi het.

(b) 'n Kandidaat vir die eindeksamen moet die onderstaande indien:—

- (i) 'n Sertifikaat deur die superintendent van die inrigting geteken dat 'n opleidingskursus aan 'n erkende opleidingskool vir die tydperk in hierdie reëls bepaal, bygewoon is;
- (ii) 'n aldus getekende sertifikaat dat gedurende die opleidingstydperk aan die voornoemde inrigting 'n volledige kursus van lesings en praktiese demonstrasies soos in hierdie reëls voorgeskrewe, bygewoon is;
- (iii) 'n aldus getekende sertifikaat van goeie gedrag;
- (iv) 'n aldus getekende sertifikaat van goeie gesondheid;
- (v) 'n sertifikaat dat die kandidaat vir die voorlopige eksamen geslaag het.

(5) Vrae.

Vir die skriftelike gedeelte van die voorlopige eksamen en eindeksamen word minstens vyf vrae gestel en die kandidate sal drie uur gelaat word om hulle te beantwoord.

(6) Punte.

'n Kandidaat moet minstens 50 persent van die punte vir die skriftelike eksamen toegeken, behaal, 40 persent in die mondelinge eksamen, 40 persent in die praktiese eksamen, en 50 persent van die groototaal in die drie afdelings om te slaag. Vyftig persent van die groototaal sal vir die skriftelike eksamen, 25 persent vir die mondelinge en 25 persent vir die praktiese eksamen toegeken word.

In die eindeksamen sal geslaagde kandidate volgens „Honneurs” en „Geslaag” gerangskik word. Vir „Honneurs” moet ’n kandidaat minstens 75 persent van die toegekende punte in iedere afdeling van die eksamen behaal.

Kandidate sal nie volgens meriete gerangskik word nie. Besonderhede betreffende die punte of plekke sal net met besondere vergunning van die Raad verstrek word.

(7) *Weertoelating tot Eksamen.*

As ’n kandidaat vir ’n eksamen gedruip het nadat hy tweekeer daarvoor ingeskrywe het, kan sodanige verdere opleiding as die Raad mag besluit van hom vereis word voordat hy weer tot die eksamen toegelaat word.

(8) *Datums en Inskrywings.*

Die eksamens sal tweekeer in die jaar gehou word in die maande April en Oktober, mits daar kandidate is; en niemand wie se applikasie nie voor of op 1 Maart en 1 September, respektiewelik, by die Registrateur van die Raad ingedien is, sal vir die eersvolgende eksamen ingeskryf word nie, tensy met besondere toestemming van die Raad.

(9) *Sentrums.*

Die eksamens sal op sodanige plekke gehou word as die Raad mag bepaal.

(10) *Eksaminatore.*

Die Raad sal sodanige eksaminatore as wat van tyd tot tyd benodig is, benoem. Die eksaminatore is onderworpe aan sodanige reëls as die Raad van tyd tot tyd, ten opsigte van die eksamens mag besluit, en hul sal teen sodanige tarief betaal word as deur die Raad vasgestel word. Dit is nie nodig vir hul om lid van die Raad te wees nie.

Van die eksaminatore benoem vir die skriftelike voorlopige en eindeksamens, moet een die Kommissaris vir Sielsiektes wees, en een ’n geneeskundige superintendent van ’n hospitaal vir sielsiektes, of anders moet albei geneeskundige superintendente van hospitale vir sielsiektes wees.

Die praktiese en mondelinge eksamens staan onder leiding van die superintendent van die inrigting, aan wie as mede-beoordelaars toegevoeg word:—

- (a) Vir die voorlopige eksamen, ’n geneeskundige superintendent of assistent-geneesheer van ’n hospitaal vir sielsiektes;
- (b) vir die eindeksamen—
 - (i) ’n geneeskundige superintendent of assistent-geneesheer van ’n hospitaal vir sielsiektes; en
 - (ii) ’n geregistreerde genees- en heelkundige verpleegster, indien moontlik, van die personeel van ’n hospitaal vir sielsiektes.

(11) *Eksamenfooi.*

Onderstaande is die eksamenfooi wat kandidate aan die Raad moet betaal:—

- (a) By aansoek vir toelating tot die voorlopige eksamen, ’n fooi van 10s. 6d. As hulle druipe, kan kandidate hul weer vir eksamen aanmeld teen betaling van ’n dergelyke fooi by ieder geleentheid.
- (b) By aansoek vir toelating tot die eindeksamen, ’n fooi van £3. 3s., wat registrasie as verpleegster van sielsiektes insluit, indien en wanneer die kandidaat vir die eksamen slaag. As hulle druipe, kan kandidate, onderworpe aan Reël 7, hul weer vir eksamen aanmeld teen betaling van ’n fooi van £2. 2s. by elke geleentheid.

No. 1780.]

[6th November, 1931.

**SOUTH AFRICAN MEDICAL COUNCIL: AMENDED
RULES RE TRAINING AND EXAMINATION OF
MENTAL NURSES.**

The Minister of Public Health has been pleased, under sub-section (4) of section *ninety-four* of the Medical, Dental and Pharmacy Act, No. 13 of 1928, to approve of No. 4 (2) of the rules made by the South African Medical Council under sub-section (2) (j) of the said section of the Act and promulgated under Government Notice No. 637 of 17th April, 1931, being rescinded and of the following rule being substituted therefor:—

“(2) Breaks in training.

Training shall be continuous saving for interruptions by vacations not exceeding one month or by illness or for other reasons which may be considered satisfactory by the Council. The period during which a pupil nurse has broken her training must be made up so that she completes a full period of training of 9,040 working hours and if the break, for reasons other than sick leave, should be for a period exceeding three months she must in addition to the period of 9,040 working hours undergo an extension of training the equivalent in working hours to one half of the period of such break. No recognition of previous training shall be accorded if the break in a pupil nurse's training extends for a period of over two years.

In the case of sick leave not exceeding six months, supported by a medical certificate, no extra time need be served, but the total training of 9,040 working hours must be observed.

Sick leave in all cases must be supported by a medical certificate.”

No. 1780.]

[6 November 1931.

SUID-AFRIKAANSE GENEESKUNDIGE RAAD: GEWYSIGDE REËLS VIR DIE OPLEIDING EN EKSAMENS VAN VERPLEEGSTERS VAN SIELSIEKES.

Die Minister van Volksgesondheid het dit goedgevind, ingevolge subartikel (4) van artikel *vier-en-negentig* van die Wet op Geneeshere, Tandartse en Aptekers, No. 13 van 1928, om No. 4 (2) van die reëls deur die Suid-Afrikaanse Geneeskundige Raad gemaak ingevolge subartikel (2) (*j*) van genoemde wetsartikel en uitgevaardig by Goewermentskennisgewing No. 637 van 17 April 1931 te herroep, en om die onderstaande daarvoor in die plek te stel:—

„ (2) Onderbreking van opleiding.

Die opleiding moet onafgebroke wees behalwe tydens vakansies van hoogstens een maand of as gevolg van siekte of om ander redes wat die Raad as bevredigend beskou. Die tydperk gedurende welke 'n leerlingverpleegster haar opleiding onderbreek het, moet ingehaal word sodat sy die hele opleidingstydperk van 9,040 werkure voltooi, en indien die onderbreking om ander redes as die van siekteverlof vir 'n tydperk langer as drie maande is, moet sy, behalwe die tydperk van 9,040 werkure, 'n verlenging van opleiding deurmaak in werkure gelykstaande met die helfte van die onderbroke tydperk. Geen voorafgaande opleiding sal erken word nie as die onderbreking in 'n leerlingverpleegster se opleiding meer as twee jaar is.

In die geval van siekteverlof van hoogstens ses maande, gestaaf deur 'n doktersertifikaat, word geen verlore tyd ingehaal nie, maar die opleiding van 9,040 werkure moet deurgemaak word.

Siekteverlof moet in alle gevalle deur 'n doktersertifikaat gestaaf wees.”

No. 636.]

[17th April, 1931.

**SOUTH AFRICAN MEDICAL COUNCIL.—RULES *RE*
TRAINING AND EXAMINATION OF NURSES FOR
MENTAL DEFECTIVES.**

The following Rules, made by the South African Medical Council under section *ninety-four* (2) (*j*) of the Medical, Dental and Pharmacy Act, No. 13 of 1928, have been approved by the Minister of Public Health.

**RULES [UNDER SECTION *NINETY-FOUR* (2) (*j*) OF
ACT No. 13 OF 1928] FOR THE TRAINING AND
EXAMINATION OF NURSES FOR MENTAL DEFEC-
TIVES.**

1. PUPIL NURSES.

No person shall be admitted for training in a training school recognized by the Council without submitting—

- (a) (i) A certificate of having satisfactorily completed the seventh standard of a primary school; or
- (ii) a certificate of higher standard.
(If unable to submit either of the above, an applicant for admission shall be required to pass an examination in general knowledge conducted by the hospital authorities equal to that prescribed for the seventh standard of a primary school.)
- (b) Proof of having reached the age of at least eighteen years.
- (c) A certificate of good health and fitness for the work of a nurse.
- (d) A certificate of good character signed by two responsible persons to the satisfaction of the training school concerned.

2. TRAINING SCHOOLS.

(1) Recognition.

The Council may recognize as a training school any institution for the care and treatment of mental defectives, which in the opinion of the Council, taking into consideration the number and class of patients dealt with, and the staff, equipment and facilities for the instruction available thereat, is competent to train candidates for its certificate of competence in the nursing of mental defectives.

(2) Conditions for Recognition.

- (i) No application for the recognition of an institution as a training school shall be entertained unless—
 - (a) the matron, sisters, and any person, other than a medical practitioner, psychologist, certified teacher, or qualified vocational instructor, engaged in the teaching of pupil nurses, are registered as nurses;
 - (b) the institution provides for the care and treatment of children and adults of the various classes of mental defect.
- (ii) The Council shall have the right to inspect training schools at all times.
- (iii) The Council shall have the right to call for such information from a training school as it may deem fit and to

point out to a training school any matter in which its requirements seem to be insufficiently met, and to withhold, suspend, or withdraw recognition in any case which remains unsatisfactory.

(iv) The Council shall not be bound to grant recognition to any institution as a training school.

3. LECTURES AND DEMONSTRATIONS.

(1) At all training schools recognized by the Council, lectures shall be given by the medical and psychological staff, and demonstrations by qualified and competent officers appointed by the Superintendent of the Institution.

(2) The lectures and demonstrations shall each be not less than 100 in number, and extend over the whole course of training; of such lectures and demonstrations not less than 25 of each must have been attended before candidates shall be allowed to enter for the preliminary examination, and the balance before they shall be allowed to enter for the final examination.

4. TRAINING.

(1) *Period.*

The period of training for candidates for the certificate of competence in the nursing of mental defectives shall be 9,040 working hours.

(2) *Breaks in Training.*

Training shall be continuous saving for interruptions by vacations not exceeding one month, or by illness, or for other reasons which may be considered satisfactory by the Council.

The period of any break in a pupil nurse's training with the exception of annual vacation not exceeding one month, shall be made up, and, in addition, if the period, excepting sick leave, is more than three months, the pupil nurse must take an extension of training equal to one-half of the period of the interruption; no recognition of previous training shall be accorded if the break in a pupil nurse's training extends for a period of over two years.

In the case of sick leave not exceeding six months, supported by a medical certificate, no extra time need be served but the total training of 9,040 working hours must be observed.

Sick leave must in all cases be supported by a medical certificate.

(3) *Exemption from Training.*

A pupil nurse registered as a medical and surgical nurse or as a children's nurse, shall be exempted from 50 per cent. of the training required by these rules, and shall only be required to pass the final examination in the nursing of mental defectives.

A nurse who holds the certificate in mental nursing shall be eligible to sit as a candidate for the final examination in the nursing of mental defectives, provided that he has completed one whole year of training and attendance at lectures in any approved institution for the care and treatment of the mentally defective.

(4) *Transfer of Pupil Nurses.*

In the event of a pupil nurse being transferred by a proper authority from one training school for nurses of mental defectives to another in the service of the same authority the training shall be regarded as continuous.

5. EXAMINATIONS.

There shall be two separate examinations:—

- (1) A preliminary examination in anatomy, physiology, first aid, hygiene and elementary psychology; and
- (2) the final examination.

(1) *Preliminary Examination.*

The preliminary examination shall consist of written, oral and practical portions, and shall include within its scope, the following subjects:—

Section I.—General Duties of Nurses in an Institution for Mental Defectives.

Nature of Mental Deficiency: Objects of treatment; reasons for special care.

Relation of Nurses to Inmates.

Responsibilities of Nurses: Discretion; forbearance; self-control; confidential nature of work; letters of inmates; gossip; attitude to relatives and visitors.

General Duties of a Nurse: Cleanliness; order; punctuality; discipline; attention to detail; observation; what to report.

Special Duties: Routine precautions; fire; self-injury; suicide; violence to others; destructiveness; faulty habits.

Laws and Rules for the protection of Inmates: Relation of sexes; escape; seclusion; restraint; use of force; ill-treatment; neglect; intoxicating liquors; drugs.

Section II.—Elementary Anatomy and Physiology.

Definition.—An elementary knowledge of the structure, position and functions of the various parts of the human body, including:—

General.

Cells, tissues, organs; their structure and arrangement. The body as a whole. Chief cavities and contents.

The Skeleton.

Skull: Names, position and brief description of bones of cranium and face. Cranial bones—frontal, parietal, temporal, occipital, sphenoid, ethmoid. Bones of the face—upper jaw, malar, lower jaw, formation of orbit, nose, mouth.

Spinal Column and Thorax: General character of vertebrae; varieties—cervical, dorsal, lumbar, sacral, coccygeal; the column as a whole, its curves, intervertebral discs and joints; sternum, ribs, costal cartilages.

Upper Limb: Clavicle; scapula; humerus; radius; ulna; bones of wrist and hand; joints.

Lower Limb: The pelvis, femur, patella, tibia, fibula; bones of ankle and foot; joints.

Muscles.

Their general features; voluntary and involuntary; differences in their mode of action. Position of the chief muscles of the body.

Joints.

Various forms of joints and their mechanism; bones, cartilages, ligaments, synovial membrane.

Circulatory System.

The Heart—position, size and functions; auricles, ventricles; valves; pericardium; great vessels.

Blood Vessels.

Arteries; veins; capillaries; their structural differences; names and positions of chief arteries and veins.

Circulation of Blood.

General, pulmonary, and portal circulations; principal pressure points.

Haemopoietic System.

The blood; arterial, venous. Coagulation; blood forming glands and structures; spleen; lymphatic glands; bone marrow; ductless glands; internal secretions.

Alimentary System.

Mouth, teeth, pharynx, oesophagus, stomach, intestines (small and large), liver, pancreas, thoracic duct; classes of food; processes of digestion, absorption and assimilation; the faeces.

Respiratory System.

Nasal cavity; larynx; trachea; bronchi; lungs; pleura, diaphragm; mechanism and process of respiration; the chief muscles concerned in respiration.

Excretory System.

Organs of excretion—bowels; kidneys; skin; lungs. Waste products.

The kidneys; structure and functions; ureters; bladder; urine; the skin; epidermis and dermis; sweat glands; hair and nails; functions.

Nervous System.

Meninges and cerebro-spinal fluid; cerebrum, cerebellum, pons; medulla; spinal cord; the nerve cell; nerves; motor, sensory and sympathetic; reflex action; control levels; organs of special sense.

*Reproductive Systems.**Section III.—Accidents and Emergencies.*

Bleeding: Arterial, venous, capillary; methods of arresting it; digital pressure, tourniquet, or other means.

Emergency treatment of wounds; asepsis, antiseptics.

Fractures, dislocations, sprains: Their signs, symptoms, varieties and treatment.

Emergency Treatment of Shock, Collapse, and Unconsciousness: Injury to the brain; collapse from drink; epilepsy; fainting; hysteria; sunstroke.

First aid in cases of frost-bite; burns and scalds; wounds; bites of animals; stings of insects.

Emergencies: What to do in cases of fire, hanging, choking, strangulation, drowning, poisoning, cut-throat.

Artificial respiration: Methods of.

The more common poisons and their antidotes.

Foreign bodies in the air-passages, eye, ear, nose.

Improvised methods of lifting and carrying the injured.

Preparation for the reception of accident cases; bed making; removal of clothes.

Bandaging: Application of the triangular bandage and splints; application of roller bandages.

Section IV.—Hygiene.

General Conditions of Health: Normal temperature and weight of body; waste and repair.

Air: Its composition and impurities. The principles of ventilation and their application to houses and hospitals; radiation and evaporation.

Water: Sources; standard of purity for domestic use; relation of impure water to spread of disease.

Disposal of Refuse: Various methods in use; dry and water systems; general arrangement of house and hospital drainage.

Personal Hygiene: Habits; exercise; rest and recreation; cleanliness; clothing; repair and cleaning; special types; beds and bedding.

Methods of Infection: The nature of infection; its sources and of transmission; insects and other parasites. Infection and disinfection.

Heating and Lighting: Of houses and hospitals; hygiene of sick-room.

Section V.—Elementary Psychology.

The mind in health.
 Development of the mind.
 Sensation; perception; ideas and association of ideas.
 Attention; memory; reason; judgment.
 Instincts and desires; emotion and effect.
 Will; action, voluntary and involuntary; habit; conduct.
 Conscious and sub-conscious mind; sleep and dreams.

(2) *Final Examination:*

The final examination shall be written, oral and practical, and shall consist of a general part, and a special part. Questions set in the final paper shall be confined to subjects in the general part of the syllabus. Candidates shall also be examined in one or more of the sections of the special part of the syllabus, and must produce evidence that, in the section taken, they have received special training, and have been engaged for at least six months in actual practice of the work of the section.

Nurses who have passed the final examination may subsequently enter for examination in any section, not already taken, of the special part of the final examination, on production of evidence that they have received special training and have been engaged for at least six months in the actual practice of the work of any section for which they enter.

The final examination shall include within its scope the subjects for the preliminary examination, as also the following:—

FINAL EXAMINATION.—GENERAL PART.

Section VI.—Elementary Bedside Nursing.

Blanket bathing. Bedmaking.
 Care of back. Bedsores. Water-beds and cushions.
 Administration of medicines.

Observation of Cases: Reports of symptoms; points to be noticed; indication of illness; pulse; respiration; temperature; state of excretions; records and charts.

Excreta: Keeping of specimens.

Asepsis and antisepsis. Simple dressings and applications.

Section VII.—Common Signs and Symptoms of Disease.

General: Skin; muscles; bones; joints; circulatory system; respiratory system; alimentary system; urinary and reproductive systems.

Common parasites.

Section VIII.—Mental Deficiency.

Definition of mental deficiency in children and adults.

The mental, physical and social basis of definition.

Physical Peculiarities and Stigmata: Anatomical: Those affecting the body as a whole; those affecting special parts—head (skull), ears, eyes, nose, mouth, trunk and limbs.

Physiological: Spasms; rhythmic movements; tics; convulsions; common speech defects.

Psychological Peculiarities: With special regard to varieties of character, instinct, emotion, disposition, etc. Night terrors.

Clinical Types of Mentally Defective Persons:

- (a) Those not distinguished by well-marked peculiarities.
- (b) Those marked by stigmata; infantile; Mongolian; micro-cephalic; macrocephalic; cretinoid; paralytic.

Epilepsy: Description of epileptic fits—grand mal and petit mal. Special symptoms before the onset of fits; management; treatment during a fit; special symptoms and conditions that may occur by day and night. Precautions about clothing and during meals; diet; etc.

The law in respect of detention and control; certification.

Grading the mentally defective under the Act as idiots, imbeciles, feeble-minded and moral imbeciles.

Disorders of mind in relation to defectiveness; absence of moral sense; instability; want of balance; eccentricity; delinquency; one sidedness; vice; common signs and symptoms suggesting mental disorder.

Section IX.—Management and Training of the Mentally Defective in an Institution or Colony.

Observation of Cases: General reactions; conduct; progress; importance of studying individual in work and play; use and importance of records and reports.

A nurse's day in charge of a low-grade class of children; a low-grade class of male or female adults; a medium-grade class of children; a medium-grade class of male or female adults; description of the best methods in each case of securing the happiness and physical well-being of the inmates without punishment or suggestion of restraint. How to treat sulkiness, ill-temper and shamming. How to distinguish between laziness and mental inability or between physical disability and nervousness.

The place of variety in the life of a defective, both in occupations, amusements, and changes to camp and seaside, or to a different class.

Special things for which a nurse has to be on the look-out, and the right course to follow in the care of mongols; epileptics; paralytics; inmates who have to be fed; nervous inmates; cretins; low-grade defectives; high-grade difficult male defectives; high-grade difficult female defectives; defectives suffering from bodily illnesses.

Special things for which a night nurse has to be on the look-out. The importance of a nurse's personality and behaviour—good temper, patience, respect for the inmate, endurance, firmness, praise, avoiding discouragement, effects of rivalry, incentives to work, example.

Training in the home or ward: Discipline; threats; correction; sexual irregularities; inculcation of self-helpfulness in dressing and undressing; inculcation of truthfulness, good temper and consideration for others. General objects and methods of recreation: drill, dancing, singing, teaching to play.

Special manual occupations for low-grade children: Household duties about the school and institution for lower grades.

Rewards; deprivation of privileges.

Physical training on the lines of the Board of Education's "Syllabus of Physical Training for Schools." Swedish and other methods. Gymnastics.

Amusements:

Out-door: Organized games and sports; walks; shopping; scouts and guides; camps; picnics.

In-door: Organized games and entertainments; dancing; fancy-work.

Holidays: Advantages and disadvantages; preparation; caution to friends; precautions on return.

Special training in preparing an inmate for hostel treatment.

Parole treatment and discharge.

Section X.—Management and Training of the Mentally Defective when not in an Institution.

In the Home: Advice to be given to the friends in the case of children and adults. Simple occupations in the home. Possibilities of employment outside the home. Dangers for defectives.

Cases under Guardianship; under Supervision.

On leave of absence; Parole.

After-care.

Section XI.—Elementary Educational Psychology.

Unlearned behaviour: Instinct; instinct and reflex; classification of instincts; genetic study of instincts; inhibition and control of instincts; instincts and habit formation.

Application to mentally defective.

Emotions: Theories of; outward expression of; internal changes during; methods of studying and educating.

Application to mentally defective.

The Learning Process: The laws of learning; theory and application to various types of learning; transfer of training principles of economy in learning; types of material to be learned by the various grades of mentally defective.

Psychology of Individual Differences: Variability; amount; character; and causes of individual differences; individual differences in mental make-up of mental defectives.

Application of concept of variability to training of mentally defective.

Mental and Social Measurements: Theory and general methods of examination. Intelligence testing; the principles and use of the Binet-Simon tests; Mental Age; Intelligence Quotient; Group Testing and examples of same; performance tests and their use. Qualitative aspects of mental test results. Tests of special aptitudes and disabilities. Tests of various mental functions. Temperament and character; their observation and measurement. Interpretation of mental test results. The application of test results to the training and management of mental defectives. The meaning of the following statistical terms:—

Average; median; variability; percentile; correlation; reliability.

FINAL EXAMINATION.—SPECIAL PART.

Section A.—The Teaching of Mentally Defective Children. Educational Methods and Principles.

Educational Principles and methods of Sequin; Froebel; Montessori; Dearsly; Macdowall; Wallin; etc.

Application to mentally defective children.

Group and Individual methods; ways of individualizing instruction, e.g. the Project Method; the Dalton Plan.

Methods of teaching the ordinary subjects of the curriculum; language reading; writing, arithmetic, drawing, singing, hand-work, etc. Physical exercises, rhythmic and organized recreation, indoor and outdoor. Oral-manual methods.

The production and interpretation of speech in low-grade cases.

The treatment of common speech defects.

Methods of developing motor co-ordination in low grades.

Importance of and Practice in lesson-planning.

Classroom Management: The various ways of classifying pupils. **Discipline.** The problems of interest and effort in educational practice. Various ways of motivation. Importance and methods of initial establishment of good habits. Social education in the classroom. Treatment of children at puberty and adolescence.

Importance of studying the child. Methods of measuring progress in school work and behaviour; daily records; school examinations; standardized educational tests; rating scales; making out reports.

Signs of sensory defects, fatigue; detection of special abilities and disabilities.

Practical Work :

Each candidate should prepare outlines of three lessons of the following types and be prepared to conduct one if required to do so:—

- (a) Physical activities with a class of low grades.
- (b) Handwork lesson with a class of medium grades.
- (c) Scripture, story or gardening with class of high grades.
- (d) Oral manual methods.

Candidates should also produce evidence that they are able to teach not less than three of the following: Drawing, including colour work; modelling with a plastic medium; modelling with paper and cardboard; gardening; woodwork; raffia work; rug making; toy making; leather work; needlework; knitting; cooking or any other form of handiwork.

*Section B.—The Training of Mentally Defective Adults.
Methods and Principles of Vocational Training.*

Suitable occupation for various types of mental defectives. Principles determining the placement of inmates in occupations. Physical and mental abilities and disabilities in relation to occupational placement.

Technique of Job Analysis, and its application to instruction. Examples of job analysis, e.g. shoemaking, farming, etc. Economical methods of instruction of mentally defective depend on job analysis.

Principle of the Division of Labour: Relation to classification of inmates in a shop. Work for several grades of defectives in one trade. Application of above to training in the ward or cottage.

Prevocational Training: Theory and relation to vocational training. Importance and methods of studying inmates during the period of prevocational training.

Methods of training mental defectives in specific occupations: Method determined both by type of inmate and type of work; examples of methods used successfully with mental defectives and specimen outlines. The Project method and its use in prevocational training. Application of the laws of learning, interest, effort and motivation; Importance of relating instruction to type of inmate.

Management of shop or occupation group: Discipline, inculcating desirable and efficient routine of shop practice and good social habits. Working hours, fatigue, monotony and rest intervals. Industrial risks and diseases, work changes, rewards, etc. Keeping of register, production records, stock, etc.

Methods of observing, recording and reporting progress and behaviour in the occupation. Factors involved in deciding on grades or ratings. Various types of rating scales and their uses. Devices for grading standards of work, keeping daily records, etc. Importance of studying inmate at work.

Practical Work.

Each candidate should prepare outlines of three instruction jobs and be prepared to demonstrate one if required to do so. The type of job is illustrated by the following:—

- (a) Classifying a mixed group of inmates for a particular job by division of labour, e.g. ward work, gardening.
- (b) Instructing a low-grade mentally defective adult in a particular job.
- (c) Instructing a medium-grade mentally defective adult in a particular job.
- (d) Instructing a high-grade mentally defective adult in a particular job.

Candidates should also produce evidence that they are equipped with the necessary knowledge and skill of the occupation in which they profess to instruct.

*Section C.—Nursing of the Sick.**(1) Theory and Practice of Nursing of the Sick.*

Management of the sick-room; requirements and arrangements; outdoor methods of treatment; verandas; tents; shelters; personal attention to the sick; reception and examination; classes of foods; constituents of a normal diet; quantities and nutritive values; administration of foods.

Administration of medicines: oral, rectal, hypodermic and other methods. Vaccines.

The Bed: Changing sheets; use of draw sheets; waterproof sheets; water beds; air beds; hot-water bottles.

The cleansing and toilet of the sick and infirm.

Bed-sores: Causes, prevention and treatment.

Observation of Cases: Reports of symptoms; points to be noticed; indications of illness; pulse; respiration; temperature; state of excretions; records and charts; urine testing.

Asepsis and antiseptics.

Dressings and Applications: Compresses; poultices; fomentations; stupes; bandaging; splints; extension; blisters; enemata; saline injections; suppositories; catheters; douches; steaming; inhalations; special baths; sponging; wet pack; bed rests and cradles; massage; passive and re-educative movements.

Preparation for an Operation: Care and sterilization of instruments; post-operative nursing.

Sick-room cookery: Preparation of sick diet.

Signs of approaching death; care of the dead.

(2) Bodily diseases and Disorders and their Nursing Requirements.

Symptoms and signs of disease.

General: Inflammation; headache; fever; rigor; disturbance of appetite; loss of weight; anaemia; pain; sleeplessness; shock; collapse.

Of the Skin: Irritation; rashes; discoloration; ulceration.

Of the Muscles: Wasting and weakness; contractures.

Of the Bones and Joints: Deformity; swelling; stiffness; unnatural mobility.

Of the Circulatory System: Fainting; palpitation; shortness of breath; cyanosis; oedema; atheroma; varicose veins; piles; haematoma auris.

Of the Respiratory System: Cough; expectoration; cyanosis; disturbed breathing; local pain; fever.

Of the Alimentary System: Mouth, teeth and tongue; indigestion; flatulence; vomiting; diarrhoea; constipation; colic; jaundice; obstruction.

Of the Urinary and Reproductive Systems: Changes in the urine; dropsy; coma; convulsions; hydrocele; varicocele; menstrual changes; abnormal discharges.

Disorders: Diabetes; cancer; rheumatism; arterio-sclerosis heart disease; bronchitis; pleurisy; pneumonia; peritonitis; appendicitis; kidney disease; cretinism and myxoedema; exophthalmic goitre.

Micro-organisms and Infection Immunity: Tuberculosis; syphilis; dysentery; enteric fever; influenza; measles; scarlet fever; diphtheria; erysipelas; smallpox; chicken pox; whooping cough; mumps.

Common parasites.

(3) *Preliminary Examination.*

Requirements for the Entry of Candidates.

(a) A candidate shall not be allowed to enter for the preliminary examination before completing one-quarter of the training required by these rules.

(b) A candidate for the preliminary examination shall submit:—

(i) A certificate, signed by the superintendent of the institution, of having completed one-quarter of the required training.

(ii) A certificate, similarly signed, of having attended at least 25 lectures and 25 demonstrations of a complete course of lectures and demonstrations in anatomy, physiology, first aid, hygiene and elementary psychology.

(4) *Final Examination.*

Requirements for Entry of Candidates.

(a) A candidate shall not be allowed to enter for the final examination before the completion of the period of training required by these rules, provided that, under special circumstances, a candidate may be permitted to enter if the period of training will be completed within three months of the commencement of the examination, in which case, if the candidate is successful, the certificate of competence shall be withheld until the candidate shall have completed the period of training.

(b) A candidate for the final examination shall submit—

(i) a certificate, signed by the superintendent of the institution, of having undergone the course of training in a recognized training school for a period laid down by these rules;

(ii) a certificate, similarly signed, of having attended during the period of training at the aforesaid institution a complete course of lectures and practical demonstrations as laid down by these rules;

(iii) a certificate, similarly signed, of good character;

(iv) a certificate, similarly signed, of good health;

(v) a certificate of having passed the preliminary examination.

(5) *Questions.*

In the written portions of the preliminary and final examinations not less than five questions shall be set and the candidates shall be allowed three hours to answer them.

(6) *Marks.*

A candidate must obtain at least 50 per cent. of the marks awarded in the written examination, 40 per cent. in the oral examination, 40 per cent. in the practical examination and 50 per cent. of the aggregate marks in the three divisions, to pass. Fifty per cent. of the aggregate marks will be awarded for the written examination, 25 per cent. for the oral examination, and 25 per cent. for the practical examination.

In the final examination, successful candidates will be placed in "Honours" and "Pass" divisions. To attain "Honours" a candidate must obtain at least 75 per cent. of the aggregate marks awarded in each branch of the examination.

If, at the final examination, more than one section of the special part is taken, the highest marks obtained in any section will be added to the marks obtained for the written part of the examination, and the candidate placed accordingly. The marks obtained in any other section will then be separately added to the marks for the written part of the examination and the candidate again placed for this section. A candidate may thus be placed in the "Honours" division in one or more sections, and "Pass" or "Fail" in any other. Candidates who, having previously passed the final examination, subsequently enter for examination in one or more sections of the special part, shall not be placed in the "Honours" division.

Candidates will not be placed in order of merit. Information in regard to marks or places will only be given by the special authority of the Council.

(7) *Re-admission to Examination.*

A candidate who has failed to pass an examination after twice entering therefor may be required to undergo such training as the Council may decide upon before being re-admitted to the examination.

(8) *Dates and Entries.*

The examinations shall be held twice a year in the months of April and October, provided there are candidates; and no person whose application is not lodged with the Registrar of the Council on or before the 1st March and 1st September, respectively, can be accepted for the next ensuing examination, except by the special permission of the Council.

(9) *Centres.*

The examinations shall be held at such places as the Council may appoint.

(10) *Examiners.*

The Council shall from time to time appoint such examiners as may be required. The examiners shall conform to such rules as the Council may from time to time resolve upon for the conduct of the examinations, and shall receive remuneration at such rates as may be fixed by the Council. They need not be members of the Council.

Of the examiners appointed for the preliminary and final written examinations, one shall be the commissioner for mental hygiene and one a physician superintendent of an institution for feeble-minded, or both examiners shall be physician superintendents of institutions for feeble-minded.

The practical and oral examinations shall be conducted by the superintendent of the institution, who shall have as co-adjutors—

- (a) for the preliminary examination, either a physician superintendent or assistant physician of an institution for feeble-minded;
- (b) for the final examination, a specialist in psychological medicine and/or a psychologist with special experience in mental deficiency.

They shall be assisted, in the special parts of the final examination, by assessors with special technical qualifications, as follows:—

- (a) Section A: by a certified teacher with experience of mental deficiency work.
- (b) Section B: by a member of the staff of an institution for feeble-minded, who has had practical experience of the teaching of the subjects covered by the section.
- (c) Section C: by a registered medical and surgical nurse, if possible, on the staff of an institution for feeble-minded.

(11) *Fees for Examination.*

The following fees shall be payable to the Council by candidates for examination:—

- (a) On application for admission to the preliminary examination, a fee of 10s. 6d. In the case of failure to pass, candidates may present themselves for re-examination on payment of a similar fee for each occasion;
- (b) on application for admission to the final examination, a fee of £3. 3s., which shall include registration as a nurse of mental defectives, if and when the candidate passes the examination. In the case of failure to pass, candidates may, subject to rule 7, present themselves for re-examination, on payment of a fee of £2. 2s., for each occasion.

SUID-AFRIKAANSE GENEESKUNDIGE RAAD: REELS
IN VERBAND MET DIE OPLEIDING EN EKSAMENS
VAN VERPLEEGSTERS VAN SWAKSINNIGES.

Die volgende reëls gemaak deur die Suid-Afrikaanse Geneeskundige Raad, ingevolge artikel vier-en-negentig (2) (j) van die Wet op Geneeshere, Tandartse en Aptekers, No. 13 van 1928, is goedgekeur deur die Minister van Volksgesondheid.

REELS [INGEVOLGE ARTIEKEL VIER-EN-NEGENTIG
(2) (j) VAN WET No. 13 VAN 1928] VIR DIE OPLEIDING
EN EKSAMENS VAN VERPLEEGSTERS
VAN SWAKSINNIGES.

1. LEERLINGVERPLEEGSTERS.

Niemand sal vir opleiding in 'n opleidingskool deur die Raad erken toegelaat word sonder indiening van—

- (a) (i) 'n sertifikaat dat sy Standaard VII van 'n laerskool bevredigend voltooi het; of
- (ii) 'n sertifikaat van 'n hoër standaard;
(Indien sy geeneen van bogenoemde sertifikate kan vertoon nie, sal van 'n aspirant applikant verlang word om 'n eksamen af te lê in algemene kennis, afgeneem deur die hospitaalautoriteite en gelykstaande met dit voorgeskryf vir Standaard VII van 'n laerskool.)
- (b) 'n bewys dat sy die ouderdom van minstens agtien jaar bereik het;
- (c) 'n sertifikaat van goeie gesondheid en geskiktheid vir die werk van verpleegster;
- (d) 'n sertifikaat van goeie gedrag deur twee verantwoordelike persone geteken, tot bevrediging van die betrokke opleidingskool.

2. OPLEIDINGSKOLE.

(1) *Erkenning.*

Die Raad kan as opleidingskool erken enige inrigting vir die versorging en behandeling van swaksinniges, wat, volgens die mening van die Raad, met inagneming van die aantal en klas van pasiënte onder behandeling, sowel as personeel, uitrusting en fasiliteite vir onderrig aldaar beskikbaar, bevoeg is om kandidate vir sy sertifikaat van bekwaamheid in die verpleging van swaksinniges op te lei.

(2) *Voorwaardes vir Erkenning.*

- (i) Geen aansoek vir erkenning van 'n inrigting as opleidingskool sal oorweeg word nie, tensy—
 - (a) die matrone, susters en enigeen, behalwe 'n geneesheer, sielkundige, gesertifiseerde onderwyser of gekwalifiseerde beroepsinstrukteur, wat leerlingverpleegsters onderrig, as verpleegsters geregistreer is;
 - (b) die inrigting voorsiening maak vir die versorging en behandeling van kinders en volwassenes van die verskillende soorte van swaksinnigheid.
- (ii) Die Raad het te allen tyde die reg om opleidingskole te inspekteer.
- (iii) Die Raad het die reg om van 'n opleidingskool sodanige besonderhede te verlang as hy gepas mag ag, en om die

aandag van 'n opleidingskool te vestig op enige saak waarin aan sy vereistes blykbaar nie genoegsaam voldoen word nie en om in enige geval wat onbevredigend bly, erkenning terug te hou, te skors of terug te trek.

(iv) Die Raad is nie verplig om aan enige inrigting erkenning as opleidingskool te verleen nie.

3. LESINGS EN DEMONSTRASIES.

(1) Op alle skole deur die Raad erken, moet deur die geneeskundige en sielkundige personeel lesings gegee word, en demonstrasies deur gekwalifiseerde en bevoegde beamptes wat die superintendent van die inrigting aangestel het.

(2) Daar moet minstens 100 lesings en 100 demonstrasies wees en hulle moet oor die hele opleidingskursus uitstrek. Minstens 25 elk van sodanige lesings en demonstrasies moet bygewoon gewees het voordat kandidate tot die voorlopige eksamen toegelaat word, en die res voordat hul tot die eindeksamen toegelaat word.

4. OPLEIDING.

(1) *Tydperk.*

Die opleidingstydperk vir kandidate vir die sertifikaat van bekwaamheid in die verpleging van swaksinniges is 9,040 werkure.

(2) *Onderbreking van Opleiding.*

Die opleiding moet aaneenlopend wees behalwe tydens vakansies van hoogstens een maand, of as gevolg van siekte of om ander redes wat die Raad as bevredigend mag beskou.

Die duur van 'n onderbreking in die opleiding van 'n leerlingverpleegster, behalwe die jaarlikse vakansie van een maand, moet ingehaal word, en bowendien, as die tydperk, behalwe siekteverlof, meer as drie maande is, moet die opleiding van die leerlingverpleegster verleng word met 'n tydperk gelykstaande met die helfte van die tydperk van onderbreking; geen voorafgaande opleiding sal erken word as die onderbreking in 'n leerlingverpleegster se opleiding meer as twee jaar is nie.

In die geval van siekteverlof van hoogstens ses maande, gestaaf deur 'n doktersertifikaat, word geen verlore tyd ingehaal nie, dog die hele opleiding van 9,040 werkure moet nagekom word.

Siekteverlof moet in alle gevalle deur 'n doktersertifikaat gestaaf word.

(3) *Vrystelling van Opleiding.*

'n Leerlingverpleegster wat as genees- en heekkundige of as 'n kinderverpleegster geregistreer is, sal van 50 persent van die opleiding in hierdie reëls vereis, vrygestel word, en sal net vereis word om te slaag in die eindeksamen in verpleging van swaksinniges. 'n Verpleegster wat die sertifikaat van verpleegster van sielsiekes besit, is geregtig om aan die eindeksamen in die verpleging van swaksinniges deel te neem, mits sy 'n volle jaar se opleiding en bywoning van lesings aan 'n goedgekeurde inrigting vir die versorging en behandeling van swaksinniges deurgemaak het.

(4) *Oorplasing van Leerlingverpleegsters.*

In die geval waar 'n leerlingverpleegster deur 'n bevoegde owerheid van een opleidingskool vir verpleegsters van swaksinniges na 'n ander in diens van dieselfde owerheid oorplaas word, sal die opleiding as onafgebroke beskou word.

5. EKSAMENS.

Daar is twee afsonderlike eksamens—

- (1) 'n voorlopige eksamen in anatomie, fisiologie, eerste-hulp, higiëne en elementêre sielkunde; en
- (2) die eindeksamen.

(1) *Voorlopige Eksamen.*

Die voorlopige eksamen bestaan uit skriftelike, mondelinge en praktiese gedeeltes, en behels ook die navolgende onderwerpe:—

Afdeling I.—Algemene Pligte van Verpleegsters in 'n Inrigting vir Swaksinniges.

Geaardheid van swaksinnigheid: Doel van behandeling; redes vir besondere versorging.

Verhouding tussen verpleegsters en pasiënte.

Verantwoordelikheid van verpleegsters: Diskresie; verdraagsaamheid; selfbeheersing; vertroulike aard van die werk; briewe van pasiënte; praatjies; houding teenoor familieleden en besoekers.

Algemene pligte van 'n verpleegster: Sindelikheid; orde; presiesheid; disipline; oplettendheid op besonderhede; observasie; wat om te rapporteer.

Besondere pligte: Roetiene voorsorge; brand; selfverwonding; selfmoord; geweldpleging teenoor andere; vernieling; slegte gewoontes.

Wette en reëls vir die beskerming van die pasiënte: Geslagsverhoudings; ontsnapping; afsondering; bedwang; dwangmaatreëls; mishandeling; verwaarlosing; bedwelmende drankie; bedwelmende middels.

Afdeling II.—Elementêre Anatomie en Fisiologie.

Beskrywing.—'n Elementêre kennis van die bou, ligging en funksies van die verskillende dele van die menslike liggaam, met inbegrip van:—

Algemeen.

Selle, weefsels, organe; hul bou en indeling.

Die liggaam as 'n geheel. Vernaamste holtes en inhoud.

Die Geraamte.

Skedel: Name, ligging en kort beskrywing van die beendere van skedel en gesig. Skedelbeendere—voorhoof-, wand-, slaap-, agterhoof-, wig- en sifbeendere. Beendere van gesig—bokaak, jukbeendere, onderkaak, vorm van oogkas, neus, mond.

Ruggraat en borskas: Algemene geaardheid van werwelbeendere, soorte—nekwerwels, rugwerwels, lendewerwels, heiligbeen, stuitbeendere; die werkwelkolom as 'n geheel, sy buigings tussenwerwelskywe en gewrigte; borsbeen, ribbe, rib-kraakbene.

Boonste ledemaat: Sleutelbeen; skouerblad; boonste armbeen; ellepyp en speekbeen; beendere van pols en hand; gewrigte.

Onderste ledemaat: Die bekken; dybeen; knieskyf; skeenbeen; kuitbeen; beendere van enkel en voet; gewrigte.

Spiere.

Hul algemene kenmerke; willekeurige en onwillekeurige; verskille in hul manier van werking. Ligging van die vernaamste spiere van die liggaam.

Gewrigte.

Verskillende soorte van gewrigte en hul werking; beendere, kraakbeendere, bindweefsels, synoviale vlies.

Bloedsomloop.

Die hart: Ligging, grootte en funksies; boesems, kamers; kleppe; hartsak; groot vate.

Bloedvate.

Slagare; are; haarvate; strukturele verskille; name en liggings van die vernaamste slagare en are.

Bloedsirkulasie.

Groot en klein bloedsomloop en die poortaderstelsel; vernaamste drukkunte.

Bloedvoedende Stelsel.

Die bloed in slagare en are. Bloedstolling; bloedvormende kliere en dele; milt; lymfekliere; beenmurg; buislose kliere; inwendige afskeidings.

Voedingstelsel.

Mond, tande, keelholte, slukderm, maag, ingewande (groot en klein), lewer, alvleisklier, borsbuis; soorte van voedsel; spysverteringsprosesse, absorpsie en assimilasië; die fekalië.

Asemhalingstelsel.

Neusholte; strothoof; lugpyp; longpype; longe; borsvlies; middelrif; werking van die asemhalingsproses; die vernaamste spiere betrokke by die asemhaling.

Ontlastingstelsel.

Ontlastingsorgane—ingewande; niere; huid; longe; uitwerpsels.

Die niere: Bou en funksie; ureters; blaas; uriene; die huid; opperhuid en huid; sweetkliere; hare en naels; funksies.

Senugestel.

Murgvlies en cerebro-spinale vloeistof; die brein, klein-brein-brug; medulla; ruggraat; die sensus; die sensus; motoriese, sensoriese en simpatiese; refleksbeweging; kontrole-hoogtes; besondere gevoelsorgane.

*Voortplantingstelsels.**Afdeling III.—Ongelukke en Noodgevälle.*

Bloeiing uit slagare, are en haarvate; maniere van stuiting; vingerdruk; aarpers of ander middels.

Noodbehandeling van wonde: aseptiese en antiseptiese.

Breuke, ontwrigtings, verstuiings: Hul tekens, kentekens, soorte en behandeling.

Noodbehandeling van skok, kollaps en bewusteloosheid: Beseering van die brein; kollaps veroorsaak deur drank; val-lende siekte; floute; histerie; sonsteek.

Eerstehulp in gevälle van bevriesing; verbrandings en ver-skroeiings; wonde; byte van diere; steke van insekte.

Noodgevälle: Wat om te doen in gevälle van brand, op-hanging, verstikking, verwurging, verdrinking, vergiftiging, keelsny.

Kunsmatige asemhaling: Maniere van.

Die mees algemene vergifte en hul teengifte.

Vreemde voorwerpe in die lugkanaal, oog, oor, neus.

Geïmproviseerde maniere hoe om beseerdes op te tel en te dra.

Vorbereiding vir die opname van ongevalle; bedopmaak; ont-kleding.

Verbinding: Aanwending van die driehoeksverband en spalke; aanwending van rolverbande.

Afdeling IV.—Higiëne.

Algemene Gesondheidstoestande: Normale temperatuur en gewig van liggaam; verlies en herstel.

Lug: Sy samestelling en onsuiverhede. Die beginsels van ventilasië en hul toepassing in huise en hospitale; uitstraling en verdamping.

Water: Bronne; standaard van suiwerheid vir huishoude-lyke gebruik; verhouding van onsuivere water tot die ver-spreiding van siekte.

Beskikking oor Vuilnis: Verskillende metodes in gebruik; droë verwydering en met water; algemene inrigting van huis en hospitaal dreinerings.

Persoonlike Higiëne: Gewoontes; oefening; rus en ont-spanning; sindelikeit; klere; verstelling en skoonmaak; besondere soorte; bedde en beddegoed.

Maniere van Ontsmetting: Die aard van besmetting; bronne en maniere van oorbrengring; insekte en ander para-siete. Besmetting en ontsmetting.

Verwarming en verligting: Van huise en hospitale; higiëne vir die siekekamer.

Afdeling V.—Elementêre Sielkunde.

Die verstand gedurende gesondheid.

Ontwikkeling van die verstand.

Gevoel; gewaarwording; begrippe en assosiasie van begrippe.

Aandag; geheue; redenering; oordeel.

Instinkte en begeertes; aandoenings en affek.

Wilskrag; werking, willekeurige en onwillekeurige; gewoonte, gedrag.

Die bewuste en onderbewuste; slaap en drome.

(2) Eindeksamen:

Die eindeksamen is skriftelik, mondeling en prakties en omvat 'n algemene en 'n spesiale gedeelte. Vrae in die laaste vraestel word tot onderwerpe in die algemene gedeelte van die leerplan beperk. Kandidate word ook geëksamineer in een of meer afdelings van die spesiale gedeelte van die leerplan, en hul moet bewys lewer dat hulle in die genome afdeling, spesiale opleiding geniet, en vir minstens ses maande werklik praktiese werk in die afdeling verrig het.

Verpleegsters wat die eindeksamen afgelê het kan daarna vir enige afdeling van die spesiale gedeelte wat nog nie geneem is nie, inskrywe as hulle die bewys lewer dat hulle vir minstens ses maande, spesiale opleiding geniet, en werklik praktiese werk in enige afdeling waarvoor hulle inskrywe verrig het.

Die eindeksamen omvat die onderwerpe van die voorlopige eksamen, asook die volgende:—

EINDEKSAMEN.—ALGEMENE GEDEELTE.

Afdeling VI.—Elementêre Kliniese Verpleging.

Natte inwikkeling. Bedopmaak.

Versorging van die rug. Bedsere. Waterbedde en -kussings.

Toediening van medisyne:

Observasie van Gevalle: Rapporte oor kentekens; punte waarop gelet moet word; voortekens van ongesteldheid; pols; asemhaling; temperatuur; toestand van ontlastings; aantekeninge en kaarte.

Ontlastings: Die hou van monsters.

Asepsia en Antisepsis. Eenvoudige verbindings en toedienings.

Afdeling VII.—Gewone Tekens en Kentekens van Siekte.

Algemeen: Huid: spiere; beendere; gewrigte; bloedsomloop; asemhalingstelsel; voedingstelsel; urinêre- en voortplantingstelsels.

Gewone parasiete.

Afdeling VIII.—Swaksinnigheid.

Definisie van Swaksinnigheid by Kinders en Volwassene.

Die verstandelike, liggaamlike en sosiale basis van die definisie.

Fiesiese Eienaardighede en Kentekens: Anatomiese: Dié waarby die hele liggaam betrokke is: Dié waarby besondere dele betrokke is—hoof (skedel), ore, oë, neus, mond, lyf en ledemate.

Fisiologies: Krampe; ritmiese bewegings; trekkings; stuiptrekkings; gewone spraakgebreke.

Sielkundige eienaardighede: Vernaamlik ten opsigte van verskillende soorte van karakter, instink, emosie, neiging, ens. Nagtelike verskrikings.

Klieniese Soorte van Swaksinnige Persone:

(a) Dié wat nie deur duidelik merkbare eienaardighede te onderskei is nie.

(b) Die met duidelike kenmerke; kinderagtigheid; mongolisme; verkleinde skedel; vergrote skedel; kretien; verlamde.

Vallende Siekte: Beskrywing van aanvalle—met krampe en bewusteloosheid, met bewusteloosheid alleen. Besondere kentekens wat die aanval voorafgaan; beheer; behandeling tydens 'n aanval; besondere kentekens en toestande wat gedurende die dag en nag mag voorkom. Voorsorgsmaatreels betreffende klere en gedurende maaltye; dieëet; ens.

Die Wet ten opsigte van Aanhouding en Beheer; serti-fiering.

Indeling van Swaksinniges ingevolge die Wet as idiote, imbesiele, swakhoofdiges en sedelike imbesiele.

Verstorings van die verstand ten opsigte van agterlikheid; gebrek aan sedelikeheidsgevoel; onstandvastigheid; gebrek aan ewewig; eksentrisiteit; misdadigheid; eensydigheid; ondeug; gewone tekens en kentekens wat geestesstorings doen vermoed.

Afdeling IX.—Beheer en Opleiding van Swaksinniges in 'n Inrigting of Kolonie.

Observasie van gevalle: Algemene reaksies; gedrag; vooruitgang; belangrikheid van 'n bestudering van die individu wanneer hy werk of hom vermaak; nut en belangrikheid van aantekenings en rapporte.

'n Verpleegstersdag van toesig oor kinders van lae graad; volwasse mans en vrouens van lae graad; kinders van middelmatige graad; volwasse mans en vrouens van middelmatige graad; 'n beskrywing van die beste maniere hoe om in elke geval die geluk en liggaamlike welsyn van die inwonendes sonder uitoefening van straf of sweem van betoeling, te bewerk. Hoe om norsheid, slegte humeur en veinsery te behandel. Hoe om tussen luiheid en verstandelike onmag of tussen liggaamlike gebrekkigheid en senuagtigheid te onderskei.

Die rol wat afwisseling in die lewe van 'n swaksinnige speel, sowel in beroepe, vermaaklikhede, en afwisseling na 'n kamp of die kus, of oorplasing na 'n verskillende klas.

Besondere dinge waarvoor die verpleegster op haar hoede moet wees—en die regte manier van versorging vir Mongole, lers aan vallende siekte, verlamdes, dié wat gevoed moet word, senulyers, kretiene; laegraad-swaksinniges, lastige hoëgraad manlike swaksinniges, hoëgraad vroulike swaksinniges; swaksinniges wat aan liggaamlike siektes ly.

Besondere dinge waarvoor die nag-verpleegster op haar hoede moet wees. Die belangrikheid van die verpleegster se persoonlikheid en gedrag—goeie humeur, geduld, respek vir die pasiënt uithoudingsvermoë, fermheid, lofspraak, vermyding van ontmoediging, gevolge van wedywer, aansporings tot werk, voorbeeld.

Opleiding in die huis of in die afdeling: Disipliene; dreigeme; teregwyding; seksuele afwykings; inskerping van eie hulp by aan- en ontkleding; aansporing tot waarheid, goeie geaardheid en konsiderasie vir andere. Algemene strekking en maniere van ontspanning: oefening, dans, sang, onderrig hoe om te speel.

Besondere hande-arbeid vir laegraad-kindere: Huishoudelike pligte in verband met die skool en inrigting vir die laer grade.

Belonings; ontsegging van voorregte.

Liggaamsoefeninge volgens die Raad van Onderwys se „Leerplan vir Liggaamsoefeninge op Skole.” Sweedse en ander metodes. Gimnastiek.

Vermaaklikhede:

Buitenshuis: Georganiseerde spele en sports; wandelinge; winkelbesoek; padvinders en padvindsters; kampe; pieknieks.

Binnenshuis: Georganiseerde spele en onthale; danse; handwerkies.

Vakansies: Voor- en nadele; voorbereiding; aanmaning van vriende tot behoedsaamheid; voorsorgsmaatreëls vir die terugkeer.

Besondere opleiding vir die gereedmaak van 'n pasiënt vir behandeling in 'n koshuis.

Parool-behandeling en ontslag.

Afdeling X.—Beheer en Opleiding van Swaksinniges nie in 'n Inrigting nie.

In die Huis: Welke raad om aan vriende te gee in die geval van kinders en volwassenes. Eenvoudige werkies in die huis. Moontlikhede van werk buitekant. Gevare vir swaksinniges.

Gevalle onder Voogdyskap; onder Toesig.

Afwesigheid met verlof; Parool.

Na-behandeling.

Afdeling XI.—Elementêre Opvoedkundige Sielkunde.

Onaangeleerde gedra: Instink; instink en refleks; indeling van instinkte; ontwikkelingstudie van instinkte; bedwang en beheer van instinkte; instinkte en gewoontevorming.

Toepassing op die swaksinnige.

Emosies: Teorieë van; uiterlike uitings van; inwendige veranderings gedurende; maniere van bestudering en onderrig.

Toepassing op die swaksinnige.

Die Aanleringsproses: Die wette van onderrig; teorie en toepassing by verskillende soorte van onderrig; verwisseling van die opleiding in ekonomiese beginsels van onderrig; verskillende dinge wat deur die verskillende klasse van swaksinniges aangeleer moet word.

Sielkunde van Individuele Verskille: Veranderlikheid; mate; gearardheid en oorsake van individuele verskille; individuele verskille in die bevatlikheid van die swaksinniges.

Toepassing van die veranderlikheidsbegrip by die opleiding van die swaksinnige.

Verstandelike en Sosiale Maatstawe: Teorie en algemene eksamenmetodes. Intelligensietoetse; die beginsels en gebruik van die Binet-Simon toetse; mentale ouderdom; Intelligensie Kwosient; Groeptoetse en voorbeelde daarvan; uitvoeringstoetse en hul nut. Kwalitatiewe beskouings oor die resultate van verstandelike toetse. Toetse van besondere bevatlikheid en onvermoë. Toetse van verskillende verstandelike funksies. Temperament en karakter; hul observasie en bepaling. Vertolking van die resultate van verstandelike toetse. Die toepassing van toetsresultate by die opleiding en beheer van swaksinniges. Die betekenis van onderstaande statistiese uitdrukkings:—

Gemiddelde; middelbare; veranderlikheid; percentile; korrelasie; betroubaarheid.

EINDEKSAMEN.—SPESIALE GEDEELTE.

*Afdeling A.—Onderwys vir Swaksinnige Kinders.
Opvoedkundige Metodes en Beginsels.*

Opvoedkundige beginsels en metodes van Sequin; Froebel; Montessori; Dearsly; Macdowall; Wallin; ens.

Toepassing op swaksinnige kinders.

Groep en Individu-metodes; hoe om individuele onderrig te gee, b.v. die Projek-Metode; die Dalton-Plan.

Hoe om onderrig in die gewone vakke van die Leerplan te gee: taallees, skrywe, rekenkunde, tekene, sang, handwerk, ens. Liggaamsoefeninge, ritmiese en georganiseerde ontspanning, binnens- en buitenshuis. Mondeling-manuale metodes. Die voortbrenging en vertolking van spraak in laegraad-gevallen.

Die behandeling van gewone spraakgebreke.

Maniere van ontwikkeling van motoriese ko-ordinasie by die laer grade.

Belangrikheid en Beoefening van lesindeling.

Klaskamerbeheer: Die verskillende maniere hoe om leerlinge te klassifiseer; Disipliene. Die vraagstukke van belangstelling en inspanning in die opvoedkundige praktyk. Verskillende maniere van motivering. Belangrikheid en maniere van aanvanklike instelling van goeie gewoontes. Sosiale opvoeding in die klaskamer. Behandeling van kinders tydens puberteit en jongelingskap.

Belangrikheid van bestudering van die kind. Hoe om die vooruitgang in skoolwerk en gedrag te meet; daelike aantekeninge; skooleksamens; standaard-opvoedkundige toetse; maatstaf-skale; opmaak van rapporte.

Tekens van gevoelsgebreke, moegheid; bespeuring van besonderere bekwaamhede en onbekwaamhede.

Praktiese Werk:

Elke kandidaat moet, in hooftrekke, drie lesse van die onderstaande klasse voorberei, en bereid wees, om indien dit verlang word in een van hul les te gee:—

- (a) Liggaamlike bedrywigheid met 'n klas laegraads-leerlinge.
- (b) Les in handwerk met 'n klas middelgraads-leerlinge.
- (c) Skriftuur, 'n verhaal of tuinwerk met 'n klas hoërgraads-leerlinge.
- (d) Mondeling-manuale metodes.

Kandidate moet ook kan bewys dat hul in staat is om in minstens drie van die navolgende vakke les te gee: Teken, met inbegrip van kleurwerk; plastieke modelering; modelwerk in papier en karton; tuinmaak; houtwerk; rafiawerk; die maak van vloerklode; en speelgoed; leerwerk; naaldewerk; breiwerk; koskook of ander vorm van handwerk.

Afdeling B.—Die Opleiding van Swaksinnige Volwassenes Metodes en Beginsels van Beroepsopleiding.

Geskikte ambag vir verskillende soorte swaksinniges. Beginsels wat die plasing van pasiënte in 'n ambag bepaal. Liggaamlike en verstandelike vermoë en onvermoë ten opsigte van beroepsplasing.

Tegniek van beroepsontleding en sy toepassing by die onderlig, b.v. skoenmakery, boerdery, ens. Die ekonomiese manier van onderrig van swaksinniges hang van die beroepsindeling af.

Beginsels van Indeling van Arbeid: Verhouding tot indeling van pasiënte in die werkwinkel. Werk vir verskillende grade van swaksinniges in een ambag. Die toepassing hiervan in die inrigtingslokaal of huisie.

Voorafgaande Beroepsopleiding: Teorie van en verhouding tot beroepsopleiding. Belangrikheid en metodes van bestudering van pasiënte gedurende die tydperk van voorafgaande beroepsopleiding.

Metodes van Opleiding van Swaksinniges in Besondere Ambagte: Metode bepaal deur klas van pasiënt sowel as soort van werk; voorbeelde van geslaagde metodes by swaksinniges gebruik in hooftrekke. Die projek-metode en sy gebruik by voorberoepsopleiding. Toepassing van die wette van kennis, belangstelling, poging en motivering; belangrikheid van ooreenstemming tussen onderrig en klas van pasiënt.

Beheer oor Werkwinkel- of Beroepsgroep: Disipliene; inskerping van gewenste en doeltreffende roetiene vir werkwinkelpraktyk en goeie maatskaplike gewoontes. Werkure, vermoënis, eentonigheid en ruspouse. Nywerheidsrisikos en -siektes, verandering van werk, belonings, ens. Aanhou van register, oorlegging van aantekeninge, voorraad, ens.

Maniere van observasie, aantekeninge en rapporte oor vooruitgang en gedrag in verband met die ambag. Faktore betrokke by beslissing oor grade of maatstawe. Verskillende soorte maatstafskale en hul nut. Ontwerpe vir die indeling van werkstandaarde, daelike aantekeninge, ens. Belangrikheid van pasiënte aan die werk te bestudeer.

Praktiese Werk.

Elke kandidaat moet drie instruksievakke in hooftrekke klaarmaak en bereid wees om, indien vereis, een daarvan te demonstreer. Die klas van werk word as volg toegelig:—

- (a) Die indeling van 'n gemengde groep pasiënte vir 'n besondere werk deur verdeling van arbeid, b.v. werk in afdeling of tuin.
- (b) 'n Swaksinnige volwassene van lae graad in 'n besondere werk te onderrig.
- (c) 'n Swaksinnige volwassene van middelmatige graad in 'n besondere werk te onderrig.
- (d) 'n Swaksinnige volwassene van hoë graad in 'n besondere werk te onderrig.

Kandidate moet ook kan bewys dat hul oor die nodige kennis en bedreweheid beskik ten opsigte van die ambag waarin hul beweer onderrig te kan gee.

*Afdeling C.—Siekeverpleging.**(1) Teorie en Praktijk van Siekeverpleging.*

Versorging van die siekekamer; vereistes en skikkings; maniere van buitelig behandeling; verandas; tente; beskuttings; persoonlike aandag aan die sieke; opname en ondersoek; soorte voedsel; samestelling van 'n normale diëet, hoeveelheid en voedingswaardes; toediening van voedsel.

Toediening van Medisyne: Mondeling, in die endelderm, onderhuidse en ander metodes. Entstowwe.

Die Bed: Verwisseling van bedlakens; gebruik van trek-lakens; hospitaallinne; water-bedde; lug-bedde; warmwater-bottels.

Die reiniging en toilet van die sieke en sieklikes.

Bedere: Oorsake, verhoeding en behandeling.

Observasie van Gevalle: Rapporteer oor kentekens; punte waarop gelet moet word; voortekens van siekte; pols; asemhaling; temperatuur; toestand van ontlastings; aantekeninge en kaarte; urienetoets.

Asepsia en antiseptis.

Verbandmiddels en Toediening: Kompresse; pleisters; warm kompresse; prikkel-kompresse; verbinding; spalke; uitrekking; blare; lawemente; soutinsputtings; setpille; kateters; uitspoelings; bestomings; inasemings; besondere baaie; afsponsing; natte inwikkeling; bedleunings en stutte; massering; passiewe en herstellingsbewegings.

Voorbereiding vir Operasie: Versorging en sterilisasie van instrumente; verpleging na operasie.

Koskook vir die Siekekamer: Bereiding van voedsel vir die sieke.

(2) Liggaamlike Siektes en Kwale en Hoe om die te Verpleeg.

Kentekens en tekens van siekte.

Algemeen: Ontsteking; hoofpyn; koors; verstywing; verstoringe van die eetlus; gewigsverlies; bloedarmoede; pyn; slaaploosheid; skok; kollaps.

Van die Huid: Prikkeling; uitslag; verkleuring; verswering.

Van die Spiere: Uittering en swakte; sametrekkinge.

Van die Beendere en Gewrigte: Misvorming; opswelling; styfheid; onnatuurlike onbeweeglikheid.

Van die Bloedsomloop: Floute; hartkloppings; aanhegtheid; cyanosis; opswelling; atheroma; spatare; aambeie; bloedgeswel in die oor.

Van die Asemhalingstelsel: Hoes; spug; cyanosis; onderbroke asemhaling; gelokaliseerde pyn; koors.

Van die Spysverteringstelsel: Mond, tande en tong; slegte spysvertering; opgeblaasheid; vermeer; diaree; verstopping koliek; geelsug; obstruksie.

Van die Uriene- en Voortplantingstelsels: Verandering in die uriene; watersug; slaapsug; stuiptrekkings; waterbreuk; aarbreuk; maandstondveranderings; abnormale vloeiings.

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