

sound constitutional basis it is their bounden duty to use for that purpose.

We speak to those who are opposed to as well as those who are in favour of the State Registration of Nurses, because it does not now remain in the power of Matrons to decree whether nurses shall be registered or not. A Select Committee of the legislators of this country have recommended it. Registration is to be, and that at no distant date, and, this being so, surely it is the duty of every professionally-minded woman to put aside her own personal feelings on this matter, and to take her stand and action upon the bed-rock principle of the welfare of the profession as a whole, and the greatest good of the greatest number.

Medical Matters.

HOW COLDS ARE CAUGHT



This is a practical point which appeals to everyone, especially at this season of the year. Everyone knows the fate which follows the wearing of wet boots or clothes, even if they do not understand the precise method in which the body suffers. The simple physiological explanation is that the feet or the skin, as the case may be, are chilled by the evaporation of the water from the boots or the garments. The blood circulating in the affected part is, therefore, chilled, and its blood-vessels contract. To compensate for this, the blood-vessels on the inner skin of the body—the mucous membranes—for example, those of the nose, throat, and lungs, and in the internal organs, dilate, and are overloaded with the blood driven from the outer skin. So the mucous membranes become swollen, hot, and reddened, and thus is produced the well-known phenomenon of the soreness and dryness of the nostrils or throat, which are the well-known initial signs of a "cold." After a time—longer or shorter according to the individual—Nature makes its usual effort at recovery, the chilling effect passes off, the blood-vessels contract again and exude fluid freely upon the affected mucous membrane, and so, for instance, occurs the "running from the nose"—which is the second stage of what is popularly called a "cold in the head"—or the accumulation of mucus in the larynx, which denotes a "sore throat," or which, when present in the lungs, causes the

coughing and expectoration of bronchitis. It should be remembered that the better the health of the individual, the sooner will he recover from a temporary ailment, or, in other words, the sooner will the patient throw off the effects of a "cold."

On the other hand, if the individual has any organic disease, or any tendency to disease in any organ, that organ will be first and chiefly affected by the disorder of the blood-vessels when he "catches cold." So, three men walking together in the rain, and getting equally wet, may develop—the first, an attack of acute kidney disease, because of old kidney trouble, which may make him an invalid for months; the second, an attack of bronchitis and then pneumonia, which may kill him; and the third, a "cold in the head," from which he will be completely cured in three days.

There are ways of "catching cold" which are more insidious and less understood than that to which reference has been made. For example, it is not generally known how frequently a bad cold is induced by coldness of the shins due to thin stockings, or by their exposure to draughts in a railway train or in other chilly conveyances. The blood-vessels on the front of the shin are peculiarly exposed to such influences, because the skin covering them is so thin; and thus it can easily be understood that such exposure to cold on the front of the leg may chill the blood circulating through it as thoroughly as the evaporation of water from wet boots or clothing can do. For the same reason, cold draughts on the back of the neck, where again the skin is thin, and the blood-vessels are easily exposed to atmospheric influence, are a very common, but often overlooked, cause of bad "colds." The moral of all this is obvious—especially in weather such as this, or when travelling—to keep the front of the legs and the back of the neck warmly covered.

HEAT STROKE.

Sunstroke is due to the chemical, and not to the heat ray, says Dr. Dunkin in the *New York Medical Journal*. He bases his argument on the fact that no one ever gets heat stroke from exposure to a dark source of heat, and when there is an absence of chemical rays. The actinic rays are the dangerous ones. They will pass through anything except an interposed colour filter. It is therefore necessary, in order to ward off sunstroke, to treat the body as a photographer treats his plates, and surround it with red or yellow. He mentions the case of an Egyptian army officer, who had had several sunstrokes, and avoided further difficulty

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