

and what can be got out of it. Nurses must rather look to putting good into their League than to getting anything out of it.

She emphasised the great value of the so-called immaterial things of this life which are apt to be overlooked in the present day when the tendency is rather to individuality, and each person fighting for his own hand. Tolerance was one of the mis-named immaterial matters, and yet who could ignore it and live happily in such a community as a nurses' association?

Other so-called immaterial things which we could not afford to ignore an hour, were love of work for its own sake, unselfishness, and all the higher springs of action. We nurses must not cheapen our moral lives; our highest actions must not be founded on a monetary basis or on love of praise but on pride, pride of craft, pride of race, and pride of birthright. Humility was a very questionable professional virtue. "Our League at Southampton," said Miss Mollett, was founded through our pride and yours must stand on the same basis if it is to have a firm foundation.

"It is the old cry of *noblesse oblige* as applied to the nursing profession.

"Such a League as the one which you are contemplating founding will do much to help you individually in this, and the pride of which I speak will show itself to the outer world as loyalty, first to your training school, then to the Association of which you are members, and lastly to the great profession to which you belong. Unity is strength, and the achievement of Unity is the object of our Leagues."

Miss Forrest remarked that after the two foregoing speeches it was unnecessary for her to say anything. She would simply ask the meeting whether it was their wish to found such a League.

This was carried with acclamation, and a provisional committee was appointed to discuss and draw up a constitution for the League.

The meeting adjourned for tea, and much discussion ensued over the tea-cups, the general opinion being that the launching of the League had proved even more successful than its promoters had dared to hope.

H. T.

### International Council News.

News reaches us from Australasia from Miss S. B. McGahey the President of the International Council of Nurses that there is no chance of her attending the Paris Conference, which she deeply regrets—as with her memories of the delightful meeting in Buffalo in 1901—she would "very much like to meet you all again in Paris."

### Practical Points.

Dr. Samuel West, in the *St. Bartholomew's Hospital Journal*, points out that headache is often the earliest symptom in typhoid fever, and may be the chief source of complaint for the first week or ten days.

Headache with fever may also mark the commencement of meningitis, and, when there are no other symptoms, the distinction between the two conditions may be very difficult, though the course of the case soon determines the diagnosis.

Dr. West also draws attention to the fact that the pain of angina is usually felt in the præcordium, radiating upwards on the left side and extending down the left arm. In severe cases it may spread more widely, e.g. over the whole upper part of the chest and down the right arm as well. There are cases in which the left arm escapes, and the pain radiates to the right shoulder and down the right arm only.

Salt is one of the best cleansers for the teeth and gums. It will also, says the *Dietetic and Hygienic Gazette* cure dyspepsia and sour stomach by putting about a quarter of a tea-spoonful in the mouth, and swallowing it with a mouthful of water. Salt will cure boils and sores and is a most excellent eye-wash. Salt is excellent for the skin. It is a disinfectant for cuts, wounds and sores. Salt and soda are excellent for bee-stings and spider-bites. Land is greatly enriched and grass-made to grow by sprinkling salt on the ground. Salt used when sweeping carpets freshens them and keeps out moths. It will put out a fire in the chimney as well as revive a coal fire. Salt in the oven under baking tins prevents scorching on the bottom. Salt, when put on ink spots freshly made, will remove them. Salt will make flowers fresh if a little is put in the water. Salt is good to wash the head with to prevent hair from falling. A little salt taken every morning will sweeten the breath and stomach.

According to the *Army and Navy Journal*, U.S.A., the Secretary of the Navy has approved a recommendation of the bureau of medicine and surgery of the Navy Department that trays filled with formaldehyde solution to hold drinking cups on board vessels of the navy be supplied all ships in commission. The letter of Surgeon-General Rixey on this subject follows: "The bureau believes that the scuttle butt cup is a common means of transmitting communicable diseases, and recommends that on all ships of the navy this cup be kept submerged when not in use, in a solution of formaldehyde (1-2,500). The solution is practically tasteless, and will kill all disease germs harmful to

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