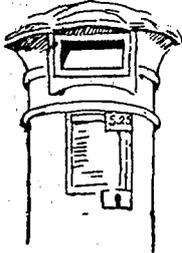


Letters to the Editor.



NOTES, QUERIES, &c.

Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not in any way hold ourselves responsible for the opinions expressed by our correspondents.

INFIRMARY NURSES IGNORED.

To the Editor of the "British Journal of Nursing."

MADAM,—I observed in last week's lay press an account of a meeting of the Executive Council of the Poor Law Union Association, stating that that body has decided to oppose the State Registration of Nurses under the extraordinary impression that it would be injurious to the Poor Law Nursing Service. I do not know of whom this Executive Council consists, but I feel certain that no steps have been taken, before deciding such a momentous question, to obtain the opinion of the matrons of the infirmaries which are recognised by the Local Government Board as training schools for nurses, and as qualifying for the higher positions in the service.

As Matron of one of these institutions, and as one who has given much time and consideration to the subject, I wish to protest emphatically against the action of this Executive Council, and to point out to your readers that this body cannot claim to voice the opinion of those most concerned in the matter.

Yours truly,

HELEN TODD, Matron.

Wandsworth Union Infirmary Training School.

URIC ACID HEADACHES.

To the Editor of the "British Journal of Nursing."

DEAR MADAM,—I was most interested in the account of "uric acid headaches," published in the BRITISH JOURNAL OF NURSING last week. I should think that many people, who have no idea of it, suffer from these headaches, and would be thankful to know that they can be alleviated and eventually cured by dieting, or as Dr. Haig, whose book I have since consulted, would suggest, by the elimination of the poison which has accumulated in their systems.

I wonder why it is that more attention is not paid to diet, and to the food suited to each individual. We quite cheerfully go on taking food which to us is poisonous, as it contains constituents with which our systems are already overloaded, and then proceed to take drugs to counteract its ill effects. Surely, the simpler and more rational plan would be to eliminate these constituents *outside* the body, by carefully acquainting ourselves with the composition of various classes of food, and only partaking of those suited to our idiosyncrasies. The extent of most people's knowledge at the present time seems to be that diabetics should not take sugar and those suffering from albuminuria should not have eggs, though in regard to the latter I knew one physician who or-

dered "plenty of eggs" for a bad case of albuminuria. His theory was: "She is passing a great deal of albumen; give her plenty." Contrary to all expectations, the patient recovered.

Yours faithfully,

DIETETIC.

HELP NEEDED IN KASHMIR.

To the Editor of the "British Journal of Nursing."

DEAR EDITOR,—It is a long time since I wrote to you. Now I am going to ask you if you think you can interest the readers of the BRITISH JOURNAL OF NURSING in a scheme which I have very closely at heart.

For three years we have been trying to get a plot of land to build a little dispensary on. At last His Highness the Maharajah of Kashmir has sanctioned it. Now we need donations to the building fund. The smallest sums will be most thankfully received. Perhaps you would kindly acknowledge and receive subscriptions for me?

We shall only have a simple building, for, as you know, I am only a trained nurse and midwife, and I never attend a case that I do not understand. I send them on to Dr. Kate Knowles. If they will not go I get her to come to them, and in return I go and help her whenever she is needing extra help. Both Dr. Kate Knowles and Dr. Lodar (also a medical woman), of the State Hospital, are so kind and helpful to me. They say: "We are always ready to help you, as you know just how far to go, and do nothing beyond." I am sending you our report. You will see 7,231 cases of ordinary illness came under my care.

If you can help it would be indeed a great charity. We live and work in this little native house, which is so small and unsuitable.

Miss Churchill Taylor, who is at home now, lives with me, and teaches the little children. She could tell you much more of our work amongst these poor, dear Kashmiries than I can in a letter. With all their dirt, sin, and ignorance I love them, and I think they respect me, as they come with all sorts of joy, or sorrow, as children would to their mother.

With kindest regards, hoping you are well, believe me,

Yours sincerely,

E. M. NEWMAN.

Srinagar, Kashmir.

[Nurses as a class have not much money to spare, but they often know people who have, and whom they might interest in the needs of the people for whom Miss Newman is working in a far away corner of our Indian Empire.—Ed.]

Notices.

OUR PUZZLE COMPETITION.

Rules for competing for the Pictorial Puzzle Prize will be found on Advertisement page xii.

All competitions must be addressed to the Editor, at 20, Upper Wimpole Street, London, W.

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