

qualities and valiant deeds from every class and type of the population in our own land.

Wishing you the real joys of Christmas.

Yours sincerely,

E. MACKENZIE.

[Let us hope whatever befalls that we may retain a free voice in the press.—ED.]

CANADIAN NURSES' ASSOCIATION.

To the Editor of THE BRITISH JOURNAL OF NURSING.

Circulation Department.

DEAR MADAM,

Attached you will please find a Bank Money Order for 7s. as renewal of subscription by Canadian Nurses' Association, 401-1411, Crescent Street, Montreal, P.Q.

The regularity with which the Journal continues to arrive is much appreciated as we realise the uncertainty with which you carry on under present conditions.

With our best wishes that you shall be able to continue publication.

On behalf of the Canadian Nurses' Association,

I am,

Yours very sincerely,

JEAN S. WILSON, Reg. N.

Executive Secretary, Canadian Nurses' Association.

[We appreciate this kind letter and shall continue to issue the B.J.N. in spite of many difficulties. In the past its vicissitudes have been innumerable.—ED.]

SOUTH AFRICAN TRAINED NURSES' ASSOCIATION.

Comradeship.

1, PRINCESS PLACE,
PARKTOWN, JOHANNESBURG.

MY DEAR MRS. BEDFORD FENWICK,

The season of "peace on earth and goodwill to men" seems a very long way off at present, but I cannot let Xmas pass without sending you my love and cordial greetings.

The courage and confidence of you all who are bearing the heat and burden of the day is an inspiration and example to all of us, and our pride and admiration for the "folks at home" fills our hearts each day we live. It is a record of endurance which has never been equalled, and we hope and pray that the end of all this destruction and devastation may not be very far off.

We get the "British Journal" with unfailing regularity, and it does keep us informed of world events in the nursing world. With my love and many good wishes.

Yours very sincerely,

B. G. ALEXANDER.

170, NINTH AVENUE,
HIGHLANDS NORTH, JOHANNESBURG.

DEAR MADAM PRESIDENT,

At a meeting of the South African Trained Nurses' Association earlier this week, I heard from Miss B. G. Alexander of the destruction by bombing of International House, 15, Manchester Square, London. May I express my sorrow and regret at such a loss; to you it will be particularly poignant, after your long association with its work in connection with girls of so many nationalities.

It was such a beautiful home for them, and on my last stay in London I had the privilege of being shown over it, so splendidly built and apparently so strong; to those from many parts of the world who spent a happy year under its roof, its loss will be a matter of deepest regret.

I trust you, and the staff at 19, Queen's Gate are safe and uninjured in this terrible turmoil; we have heard of

damage to many Hospitals, but except St. Thomas's do not know which. Names are not mentioned.

I close with the earnest hope that you will all come through safely, and that Christmas at least may be peaceful.

Yours faithfully,

H. L. WALDRON.

KERNELS FROM CORRESPONDENCE.

Have Handkerchiefs Gone Out of Fashion?

A reader from Australia writes: "Have handkerchiefs gone out of fashion in England? It would seem so from observation in buses and other vehicles, and I have had more than one scrap with members of the public on this matter, as I object to infection through lack of consideration by persons sneezing in my face. Will you be good enough to reprint the following paragraph from our nursing paper, *Una*?"

"A Sneeze.

"The medical dictionary says a sneeze is—

"A sudden, noisy, spasmodic expiration through the nose." The object, like that of coughing, is the removal of a foreign substance or a source of irritation from the respiratory passages. It is caused by reflex action. Both these actions consist of the closure of the respiratory passages after a deep inspiration followed by a noisy, sudden opening.

"The closure in sneezing is caused by pressure of the soft palate on the back of the pharynx. There is a forcible expulsion of air, and it is this that is so dangerous in spreading infection. Through high speed, scientific photography it is revealed that every sneeze sends out thousands of minute droplets loaded with germs to the adjacent air and human contacts. The force with which these droplets are expelled is as high as 150 feet a second.

"The practical application all the year round is—Use your handkerchief when you sneeze, if sneeze you must, and teach the children the same hygienic precaution now."

Reprisals.

S. G. writes: "Reprisals to be or not to be. I read for and against in many papers, most women are for permitting sacrilege in Britain, whilst their altruism shies at the sanctity of Rome or even that modern monstrosity—Berlin. Why? Our press is so tender of our feelings that we do not know of half the destruction in England and Scotland. Take London, bombs have attempted to demolish and have injured, Westminster Abbey and the Church House, the House of Lords, St. Paul's, Buckingham Palace, Kensington Palace, the Royal Hospital, Chelsea, the Albert Memorial, the Albert Hall, Holland House, Stationers' Hall, the Temple, Lambeth Palace, Florence Nightingale House, upwards of 60 churches, upwards of 40 hospitals, to say nothing of magnificent trade buildings and mansions and the homes of the poor. London is still smiling; but a day of reckoning must come. Only if the Athens of Pericles is touched by the Hun is Caesar's Rome to receive well deserved punishment.

"Westminster Abbey and St. Paul's are more sacred to me than St. Peter's at Rome, and I am all for reprisals because barbarians cannot be crushed by sentiment."

THE "BRITISH JOURNAL OF NURSING" AND THE "MIDWIFE" SUPPLEMENT, FOUNDED 1888, is the Official Organ of the National Council of Nurses of Great Britain. Price 7s. annually, including postage. Apply, MANAGER, 19, Queen's Gate, London, S.W.7.

PRIZE COMPETITION QUESTION FOR FEBRUARY.

How are the functions of Circulation, Respiration and Digestion regulated by the Nervous System?

[previous page](#)

[next page](#)