

think as I do, that an attack against Britain and the Dominions is an attack against these United States, and your war is our war. If we had all stood together we could have prevented it; when we over here are as deep in it as you are over there, we will end it. If we all stand together afterwards we will establish and keep an everlasting peace.

"This doesn't sound like a Christmas message exactly, but I do so love and admire you individually and as a people. You have shown the world that the best fighters are the people who most love peace—and how magnificent you are!

"This much of my letter is for all of you alike. I want to add, too, that the Quarterly Bulletins of the Frontier Nursing Service keep you abreast of our news if you receive them. I think last Spring's issue never reached you. We have a few left. If any of you want one, just drop me a postcard, and I will send a second one on to you. One never knows when they will be sunk, so if you fail to get a Bulletin in the future, just let me know and I will try again!

"Now to you—each and all, individually and collectively—I send my abiding affection this Christmas season. God keep you."

MARY BRECKINRIDGE.

**Greetings from Fellow-Belligerents.**

DEAR MRS. FENWICK,—For you and your associates on the Journal (which I read avidly) we of the Frontier Nursing Service send our first Christmas greetings as fellow-belligerents. May we win during the New Year! But if not in 1942—we shall win.

MARY BRECKINRIDGE.

[Victory is assured now that the English-speaking nations are united to save the world from barbarism.—ED.]

**FROM MISS MARY M. ROBERTS, EDITOR  
"AMERICAN JOURNAL OF NURSING."**

NEW YORK, U.S.A.

DEAR MRS. BEDFORD FENWICK,—You cannot know how grateful we are for the example of "the miracle of the steadfast faith" of our English Cousins. It is having a wholesome effect and is giving deeper meaning to our lives.

We are so grateful for the comparative regularity with which your magazine has come to us. It is read avidly, I assure you, for the news it brings, and for any mention whatsoever of the names of my friends.

Our American nurses who are in England, write of "the wonderful work" of English surgeons and of the generous hospitality with which they have been received.

One is a bit envious of the younger generation, but it is overcome by the pleasure of watching this professional development.

I hope your strength is equal to your magnificent courage, dear Mrs. Fenwick.

Sincerely yours,  
MARY M. ROBERTS.

**FROM MISS MARY L. JACOBS, FORMERLY  
SUPERINTENDENT OF NURSES, ONTARIO  
HOSPITAL, LONDON, CANADA.**

LONDON, CANADA.

DEAR MRS. BEDFORD FENWICK,—The Journal has been for some time now so splendid in the articles dealing with the situation in the field of nursing in England, I feel I should like to express my great admiration for your wonderful efforts in a very righteous cause (the prevention of the degradation of nursing standards of efficiency), and I pray earnestly that your work will be amply rewarded.

Please accept my very sincere good wishes for your health and strength, and much happiness in the New Year.

Yours very sincerely,  
MARY L. JACOBS.

**CHILBLAINS, THEIR CAUSE AND TREATMENT.**

By L. GODDARD, S.R.N.

Chilblains, or Erythema Pernio, are produced by undue exposure to extremes of heat and cold, and by defective circulation, setting up a localised inflammation of the skin and affecting the parts farthest from the body.

The hands only may be affected, but more often it is the hands and the feet; sometimes, but rarely, the ears and nose are affected. Usually the exposed joints suffer most, the skin swelling and causing irritation, which later burns and throbs.

Chilblains are at first bright red, showing later a general bluish congestion owing to the skin becoming engorged with blood; blebs appear on this discoloured area, which contains a serous fluid.

In some cases the chilblains break down and ulceration occurs, which is difficult to heal, taking much longer than it should in proportion to the time the chilblain has been broken, due to the skin losing its vitality.

Superficial necrosis may occur if the chilblain is neglected or becomes worse.

Chilblains occur most frequently in young people during the winter months; they are seen more often in women than in men. The weather need not be exceptional in severity, but the slightest exposure to the cold causes the fingers to swell.

They arise through defective circulation, which may be due to ill-fitting shoes or too-tight stockings, apart from those cases where prolonged cold or damp has caused them, or the condition may be due to the cold and poor health, and in people who are subject to chills and colds in the head.

The pain and itching appear at their worst when the affected part has been cold and is too quickly warmed again.

Chilblains can be avoided if attention is given to the general health, and tonics and exercise taken regularly.

It is important to avoid any friction or tight shoes or gloves, garters, and especially too-small stockings, which should be the right size, and, when bought, allowance given for shrinkage.

Shoes, when changed, should be dry, and if possible a sock placed in them. If the hands are always washed in tepid water and not exposed to the cold or when cold, not exposed to the fire, this will prevent chilblains appearing. Also, if the hands are habitually covered with woollen gloves during the cold weather the danger is obviated, but this is not always practical. If the hands are warmly covered with woollen gloves when exposed to the open air, chilblains are prevented to a certain extent.

As a prophylactic, halibut liver oil is given for the circulatory deficiency and lactate of calcium taken internally in 15-grain doses three or four times a day. Ichthyol 5 to 10 grns. is sometimes given; ointment, such as boracic or resin, can be applied spread on lint; tincture of iodine is sometimes painted over the area should the chilblain appear, and the skin not be broken; this will stimulate it.

Mustard is sometimes used by applying it wet and rubbing it in till it dries, or an antiseptic jelly containing

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