

all love to be congratulated upon them—were to convey a suggestion that as no one is perfect our present attainments should but stimulate us to fresh efforts, that self satisfaction means stagnation, and stagnation leads to retrogression. Again it would be more in keeping with our position as members of a great profession if attention were drawn to our responsibility and achievements in this connection, rather than to our isolated excellences, thus pitting the nurses of one hospital against those of every other. In a corporate community the well-doing of a part redounds to the credit of the whole, similarly the defects of any member re-act upon the profession at large.

What is needed at the present moment is that we should widen our borders, appreciate the excellences of others, and heartily stretch out the right hand of fellowship to all well-trained nurses, always having an appreciative eye for those points in which they excel ourselves. This indicates a more wholesome attitude of mind than if we hedge ourselves about with our own perfections and maintain a supreme and pitying contempt for all nurses of other schools. When we move about in the world a little we discover, as a rule, that there is more than one hospital in the universe where nurses can learn their business.

The condition of the *Mongolia*, which was recently employed as a transport ship to bring home nearly 800 Imperial Yeomen, points once more to the lesson of the country's responsibility to those who fight its battles. The ship has been described by a Unionist member as "a perfect pest house," and by a member of the Opposition as a "rotten old liner." She appears to answer to both descriptions. It seems that all the men were certified in good health before they left the Cape, but that on the homeward voyage 31 cases of enteric occurred, seven of which proved fatal. There were also over forty other cases of serious illness. Furthermore, before the ship was four days out from Cape Town the soda water supply ran out, and the drugs failed. To add to the misfortunes the boilers gave way, and had it not been that two of the Yeomen on board were able to patch them it is problematical when, if ever, she would have arrived at Southampton.

An interesting exhibition, organized under the auspices of the Livingstone College has been held this week in the Westminster Town Hall. One room was devoted to Livingstone relics, which were of pathetic interest. In the Great Hall was an exhibit of general interest to travellers, and in the hall above lectures were given on various subjects.

On Tuesday afternoon Dr. Harford-Battersby lectured on "Clothing for the Tropics," when he advocated strongly the use of woollen under-clothing. For the protection of the head, a most important point to tropical travellers, he described the method adopted by Mrs. Bishop, the well-known traveller, who is accustomed to wear, for tropical travelling, first the large leaf of a plant, such as the banana, then a towel wrung out in water, and over a pith helmet. For the feet he recommended woollen stockings or socks, and well fitting shoes or boots; for ordinary purposes canvas shoes were suitable, but strong and light boots were required for heavy marching. In outer clothing a greater liberty of choice might be allowed, but for preference he would use cellular or woollen material. The selection of proper sleeping garments was most important. Night was the time when chills, as a rule, were contracted. The temperature at bed-time might be 80 degrees Fahrenheit, but at four or five o'clock in the morning there was often a sudden drop, and illness resulted from unsuitable clothing. The lecturer thought it important that woollen clothing should always be worn at night, and recommended further the use of sleeping bags, instead of blankets, which were likely to be thrown off during sleep.

Later in the afternoon Mr. F. W. Willway gave an interesting lecture on "Health Precautions in Cold Climates." The aim of those who live in countries such as Newfoundland, where the temperature is often 20 degrees below zero, should be to wear wind-proof clothing, and live in wind-proof houses, which should have double windows. Clothing should be of some non-conducting material, which does not allow of rapid radiation, thus flannel or woollen underclothing should be worn, and woollen outer clothing. The body depends for its heat upon that which it generates itself, and it is therefore important that this should not be dissipated. The feet should be clothed in woollen stockings, then mocassins of blanketing, and afterwards in native boots. These are made of the skins of reindeer or moose in times of dry cold, and of sealskin when the snow is wet. Both kinds are soft and pliable. Sealskin also should clothe the hands, and caps should be made of sealskin or beaver. The most difficult member to keep from frost-bite is the nose, and, consequently, travellers always keep a sharp look-out upon one another, and take active measures, such as rubbing the nose with snow or ice, if they see symptoms of frost-bite.

The Newton Abbot Guardians are, as usual, in need of nurses, and are at the present time paying three temporary nurses at the rate of £65

[previous page](#)

[next page](#)