

International News.

FROM PARIS.

M. André Mesureur, the able *chef du cabinet* of the Administration Générale de l'Assistance Publique à Paris, whose interest in nursing equals that of his esteemed father, the *Directeur*, sends us a charming letter referring to Miss L. L. Dock's article on "The New School of Nurses in Paris," in which he says, "Allow me to express to you how grateful we are to the BRITISH JOURNAL OF NURSING in giving us and our Matron of the Salpêtrière the highest encouragement. I am sure the best wishes of Miss L. L. Dock will make our new School and all our pupils lucky!"

Miss Edla R. Wortabet has also received a letter from this courteous official, thanking her for her article on the Maison Dubois, which recently appeared in the Journal. He stated that he had forwarded the article to the *Directeur* of the institution, by whom it was communicated to the staff, who were much touched by the appreciation of their work therein expressed.

THE QUINQUENNIAL MEETING OF THE I.C.N.

We learn from Miss L. L. Dock, who since the Paris Conference has been in communication with those interested in nursing in Sweden, that the suggestion to hold the Quinquennial Meeting of the I.C.N. at Stockholm was very warmly received, but a great difficulty has arisen. Everyone who could act as hostess will be out of Stockholm in late July and August, and experience proves that June is not a convenient month for Matrons and nurses to take holiday. Successful as the Paris meeting was, many more Matrons would have attended from Great Britain, America, and Canada had the meeting been at the end of July or in August—in the holiday time. It has been decided, therefore, to defer the visit of the International Council of Nurses to Sweden until another time. We learn from a lady Professor at Naples that it is hoped the International will soon pay a visit to Italy, as the skilled nursing of the sick is now a question which is receiving much attention, thanks to the work of Miss M. Amy Turton in Naples, Florence, and Rome, and also to the work of Miss Baxter, of the Johns Hopkins Hospital, Baltimore. But good news as this is, the next meeting cannot take place there, and a visit to lovely Italy must also be deferred. We hope soon to announce the meeting place of the Quinquennial and believe it will be popular.

Practical Points.

Our attention was recently drawn by the Matron of a large London Hospital to the "Ashton Perfect Fire-lighter," which, she says, would be invaluable in private nursing. If it is used to light a fire no paper or wood is required, and consequently there is no noise or crackling. It has the further advantage that a fire lighted in this way needs very little attention for six hours. The method employed is to fill the grate half full of coal and to place the lighter in the centre. Then more coal is placed round and over the lighter, except just in the centre, where there is a perforated cross. A match is applied to this cross, and the fire burns evenly both at the sides and downwards. We are assured that a considerable saving in coal is effected if the lighter is used.

According to Dr. Kohnstamm, says the *Journal of the American Medical Association*, a cold may be aborted

by the use of atropine. 1-150th to 1-60th grain of atropine sulphate is dissolved in a glass of water, and the whole sipped in the course of an hour. After an hour or two all symptoms have vanished. If they reappear the next day he repeats the dose. He has found the same measure useful in a case of nervous rhinorrhœa, which is always promptly arrested by this dose. As the catarrhal secretion subsides under the influence of the atropine, the general symptoms vanish with it.

Cold Tea
as a
Microbe
Destroyer.

A well-known officer of the Royal Army Medical Corps is reported to have proved that cold tea is capable of destroying the microbe of typhoid fever (*Bacillus Typhosus*) within twenty-four hours.

If the tea alone can be proved to be the active germ-destroying substance, the question naturally arises as to the advisability of substituting cold tea for water in the soldiers' canteen as a prophylactic against typhoid infection.

The Art
of
Deep Breathing.

Mr. J. W. Williams, in a lecture at the Steinway Hall on "The Art of Deep Breathing and the Error of the Present System of Sanatoria for the Treatment of Consumption," said sanatoria were usually governed by medical men who did not themselves know how to breathe, and when the poor consumptive arrived, instead of getting plenty of fresh air and oxygen, he was crammed with food, and the more food eaten in this way the more difficult did it become to breathe. Another mistake was that of giving the patients inferiorly-cooked food, and allowing them to be weighed every day, a practice which led them to dwell morbidly on their disease.

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