

extracted by a new process by means of which the flavour and aroma of the coffee is retained. Nurses and midwives increasingly appreciate the "Allenburys' Foods, specially designed to meet the needs of growing infants.

A valuable preparation supplied by the firm is Bynin 'Amara, a digestive tonic described by the *Lancet* as "a distinct advance on Easton's Syrup." It is easier of assimilation, and a point which will commend it to patients for whom it is prescribed is that it is more palatable.

WINTER WARMTH.

The question of the winter coal supply is already engaging the attention of householders. Coal strikes are threatened and the prices of coal are rising, so that those who have housing room and can buy their coal by the truck load, are in many cases ordering a double supply, to be provided against emergencies during the winter.

For the small consumer the problem is more pressing: in many small flats only a few hundred weights of coal only can be stored at a time, and the prospect of a coal famine, combined with the severe winter which the weather prophets foretell, is not a pleasant one to contemplate.

But happily we are not now restricted to coal for purposes of heating, and gas fires are growing rapidly in public favour. Their convenience, cleanliness, and increasing perfection of construction have no doubt added much to their popularity. With bread and milk rising in price, and incomes stationary, it is comforting to know that the principal gas companies have laid in heavy supplies of coal, and that there will be no rise, and possibly a fall, in the price for gas charged by the largest company of all, the Gas Light and Coke Company; nor is it surprising that its staff are working early and late in the endeavour to deal with the orders pouring in for gas fires every hour.

A MANUAL OF NURSING.

News comes to hand of the issue of the thirty-fourth edition of Laurence Humphry's "Manual of Nursing," published by Charles Griffin & Co., at 3s. 6d. Its simple and easily understood, yet most accurate language, and the fact that it has been kept abreast of the times, have commended it to more than one generation of nurses, and it is safe to say that no nurse or probationer can afford to be without a copy. For thoroughness it is unapproached by any other manual, written by a medical man, and remains, as from the first edition, a standard work on nursing.

OUR FOREIGN LETTER.

QUESTIONS FOR THE COLOGNE CONGRESS.

DEAR EDITOR,—In my last letter I spoke of Registration as a subject for the Cologne Congress. We shall ask for reports from countries where State examination is in force for nurses, and ask that they emphasise especially all the points which link State control with the educational processes of the nurse; what effect it has on the training schools and on their methods of teaching—whether it reacts on the ordinary schooling of the average girl, whether it tends to be a wholesome and tonic influence upon the whole sphere of education of young women, looked at in a large way, or whether it has no such result. As civilised nations must rely on popular education for their well-being, we must believe that State Registration for Nurses will be justified if it proves to be, even in small degree, an influence making for the more general improvement of the education of our girls, and for giving that education a more definite and practical direction. We shall also ask whether or not it is felt as a stimulus to proper professional pride, and whether it acts at all as a beacon to nurses, giving them a quickened sense of their deep ethical obligations to each other and to society. Incidentally we shall also ask about the bogey "Character not registrable," and whether any one has seen this spectre.

OVERWORK AND FATIGUE.

Sister Agnes desires to discuss the question of Overwork, as that is a calamitous blight on the lives of self-supporting women in Central Europe, so we shall give it a prominent place. The study of Fatigue and of the Toxins and Anti-Toxins of fatigue has, as you of course know, been made with scientific and unwearied assiduity by German physicians, though the first studies of the kind were set on foot in Turin, Italy, by the socialistic-minded and exceedingly scientific school of physicians there, under the lead of Mosso. But in their researches they have considered chiefly school children, and, next, industrial wage-workers, who need hygienic intervention, heaven knows, sorely enough. But the nurses of Germany and Austria need it too, and we anticipate an interesting session.

I am not sure that I have ever told you how public attention was attracted in the United States to Overwork and Fatigue. It was through the efforts of Miss Josephine Goldmark, a brilliant young social worker, the Publication Secretary of the National Consumers' League (designed to help shop girls), who has long been passionately concerned with shortening the working hours of women and children. In connection with lawsuits over regulatory acts she has compiled the evidence of all countries of the world, and the year before I went to London I was practically occupied

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