

medium of this Journal, and it must always be a legitimate source of pride that the proposition for the formation of the International Council of Nurses, which now unites the nurses of the world in a bond of unity, first found expression in its columns, and that the great success of its meetings and congresses have been largely due to the support of THE BRITISH JOURNAL OF NURSING.

And as its work has been constructive, so also it has been vigilant in defending the professional interests of nurses, and has never allowed an occasion on which these were threatened to pass unchallenged, and so has prevented injury which would otherwise have resulted.

We have only to mention the success with which it divulged and combated the scheme of seven city financiers to gain powers from the Board of Trade to control the nursing profession under the specious suggestion of providing for their higher education, and the Bill for the establishment of an Official Directory of Nurses, projected by the Central Hospital Council for London, and introduced into the House of Lords, which gave absolute power to one man to enrol and remove the names of nurses from that Directory, to recall prominent instances of its successful intervention on behalf of the nursing profession.

The estimation in which the Journal is held by our colleagues abroad is to be found in the quotation from "A History of Nursing" standing at the head of this article, and, supported by such testimony to its usefulness, we have no hesitation in asking our readers to assist us to safeguard their own professional interests and the protection of the public, by extending its influence, and we confidently await the unknown future as we turn another page in the history of THE BRITISH JOURNAL OF NURSING which, so long as we continue to edit it will always stand for the interests, honour, and high ethical standard of the nursing profession.

ORDER EARLY.

On April 19th we shall publish the Silver Jubilee Number, and we invite our readers' assistance in making this a notable event. We shall hope for whole-hearted support in spreading THE BRITISH JOURNAL OF NURSING far and wide. Let every reader who appreciates what this Journal has done for the profession throughout the world

make it her duty to bring its work to the notice of her numerous colleagues. A simple way to spread the light will be to fill in the order form for extra copies, to be found on page xii of our advertisement pages, and return to the manager at an early date, so that we may estimate how many thousands of extra journals will be required to meet the demand.

NOTES ON OLD AGE.

In this paper we propose to deal with some of the conditions we meet with in either premature or natural old age.

It is only in the home circle that we have adequate experience of these conditions, or in Homes or Hospitals for the Aged, and very trying indeed are some of the symptoms met with. It is with the hope of helping some to understand these changes, and to sympathise more widely, that these notes are collected.

Some people drift into old age too soon; some people fall into it too late, and again some people fight through it, without resignation, and none of these conditions are desirable. This is often a matter of temperament: a better understanding in middle life might tend to a happier and more placid state of mind. This may be done by suggestion, as well as being the natural outcome of knowledge, and a calm and peaceful evening-tide should be the natural closing chapter to a full and beautiful life.

ARTERIO-SCLEROSIS.

A disease not necessarily due to old age, very often met with, however. In this condition you get widespread thickening and rigidity of the arteries affecting the lesser vessels, causing functional derangement from deficient blood supply, denoted by lack of general nutrition and thereby producing such symptoms as loss of appetite, loss of flesh, shrivelled appearance of skin, sensitiveness to cold, tingling or itching of the skin, pains in calves and soles of feet, pains in muscles, and muscular waste, with a liability to gangrene, also the great possibility of chronic Bright's disease as a primary condition or a complication.

Trouble may also occur from the actual blocking of vessels. When the brain is affected there may be headache, sleeplessness by night and sleepiness by day, mental fatigue, rapid forgetfulness, aphasia, giddiness, with apoplexy or thrombosis. Some asthmatical

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