

takes his discharge, and is absolutely indifferent as to how much infection he spreads. The rules are forgotten, he is the injured party. It is for this reason that I feel what a little can be done by our institutions.

Now the thought came to me this morning Why could not a League be formed—a *real manly League*—with the rules so worded that it touched the sense of honour in every man and woman; so worded that no one should think it a weak thing to belong to, but should feel *proud* and *honoured* that they could do so great a thing for the nation? Let them feel it as great a thing as being a King's soldier, and wear a League badge with as proud an air as they would wear an honoured uniform.

Could we not make every man and woman feel that instead of railing against fate, and wearing their lives out in bitterness that such a disease has attacked them, that they have the opportunity of doing a great work for the nation, that instead of killing enemies, they can save the lives of friends by never, never spreading the disease.

During the day I have wondered how this thing could be carried out, and I feel sure it could be done through our churches and chapels. Let there be one Sunday (a special date) in the year when from every pulpit the speakers bring before the people their individual responsibility and let the church-workers stand at the doors and provide all who will promise to use it with a nicely got up card with a list of the rules they promise to observe; let the card be hung in the chief living room of the house, and let it be read every day. We have a Citizen Sunday, why not have a National Prevention Sunday? What is the use of Citizen Sunday when our citizens are shut away from helping in the nation's work, because of this disease? *Our nation needs health.* I think a badge could be devised with words on so that whenever they were read they would inspire the wearers and renew their feeling of the nation's trust in them, and how it matters not if ninety-nine keep their rules, *if one neglect them it is hopeless.*

I feel our great hope lies in arousing this feeling in the people and making them feel that every member of the League will not be a menace to the nation, *but an asset.* But this feeling must be roused before the patient is so far gone that the best of his character is gone, and that the habit of care may be so rooted in our patients that when they get weaker and feel less responsible they will still be able to protect others.

Now I am afraid I have wearied you and perhaps you will laugh at my dream of a nation that needs no Sanatoria; of a people amongst whom hip-disease is unknown. Perhaps you will say I am an enthusiast; maybe I am, but I am afraid you will never be able to convince me that phthisis can be put away except by cultivating a sense of honour amongst the individuals of whom the nation is composed.

J. ROBBINS  
(Welsh Nurse).

#### ON MARKING LINEN.

John Bond's "Crystal Palace" Marking Ink is a household word for excellence, and we therefore assume this to be taken for granted, and direct our readers' attention forthwith to the newly-introduced "John Bond's 'Crystal Palace' Marking Ink Cabinet." This comprises a red leatherette hinged box, a square bottle of non-heat marking ink, a new perfected metallic marking pen and holder, and a linen stretcher—also a voucher entitling purchasers to their name or monogram, rubber stamp, with pad and brush, for 7½d.

The marking of linen, desirable in the case of private individuals, is essential in public institutions, to minimise mistakes, theft and loss. Private nurses also who are constantly moving from one case to another realise the necessity of having their linen legibly marked if they are not to lose many small articles in the wash. To them, this compact and convenient little cabinet will be a veritable boon, and we unhesitatingly recommend it. The ink can be obtained in bottles for 6d. or 1s., from all chemists, stationers, or stores, or direct on receipt of stamps from the manufactory, 75, Southgate Road, London, N. Bond's Marking Ink has now been on the market for a century, and during this period the proprietors have been honoured with Royal appointments, Government contracts, and gold medals from all parts of the world.

#### IZAL.

The following rules will be found useful when nursing an infectious case:—

(1) A sheet saturated with water containing Izal in the proportion of one tablespoonful to ten pints of water should be hung before the door of the patient's room and freshly saturated several times a day. (2) Every person who enters the room must put on an over-garment, taking it off again upon leaving. Disinfection should be carried out by scrubbing the hands with Izal Soap and a brush, afterwards immersing them in a solution of one tablespoonful of Izal to ten pints of water. (3) No article should be removed from the room until it has been thoroughly disinfected. (4) The stools, urine, and all expectorated matter should be received into vessels containing one tablespoonful of Izal in five pints of water. (5) The floor and the upturned surfaces of all furniture in the room should be washed occasionally with a cloth wrung out in water containing one tablespoonful of Izal to every ten pints.

In connection with the treatment of children reported with defects by school doctors, our attention has been directed to the merits of Izal, which, on account of its non-poisonous and non-irritating character, is considered especially suitable for the local treatment of septic, suppurative and offensive conditions of the ear, throat, and nose. It can be used either as a gargle or an injection, in the strength of ten drops in half

[previous page](#)

[next page](#)