

## RULES.

1. Those wishing to compete must apply for an entry form from the Competition Secretary, Red Cross Exhibition Office, 201, Union Street, Aberdeen, not later than October 30th.
2. Those who wish their exhibits returned must pay an entrance fee of 1s. at the time of entering; to others no entrance fee is charged.
3. Each exhibit must bear the full name and address of competitor.
4. Exhibits must be sent carriage paid to the Competition Secretary, Music Hall, Union Street, Aberdeen, and must arrive between the morning of the 15th and the evening of the 16th of December.
5. For the purpose of these competitions, a "trained Nurse" shall be deemed to be a nurse who has completed a three years' hospital course in a recognised training school, and who holds the certificate of that institution.

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**SOCIAL SERVICE.**
**WOMEN AND PUBLIC HEALTH.**

A meeting of the Public Health Sectional Committee of the N.U.W.W., was held at 39, Victoria Street, London, S.W., on September 17th, the Countess of Aberdeen in the chair.

There was interesting correspondence from Dr. Esther Carling regarding the treatment of advanced cases of tuberculosis in Workhouse Infirmaries. Dr. Carling considered that a great improvement was necessary in treating these cases. Guardians were apt to fight shy of improvement because of the increased cost, but her experience was that it was *better nursing* that was required, and not more costly buildings. She thought it was often due to overwork that made the staff unable to give these patients all the care they needed.

Dr. Carling was of the opinion that advanced and curable cases should be treated together, Phthisical patients were almost invariably hopeful about themselves, and would fight their disease to the end, and would very rarely consent to enter any institution known to be for incurables.

In Paddington Infirmary, a separate male ward was reserved for male phthisical cases—but it was impossible to set apart one for women. In Marylebone Infirmary, there were three large wards reserved for these cases.

The opinion of the meeting was that these cases presented a greater problem in the country districts than in London, where the authorities had better means of segregating the patients.

A short Report of the recent Conference on Infant Mortality was then read. It was noted that England held a fairly high place in comparison with other countries with regard to Infant Mortality. The necessity of pre-natal hygiene was especially emphasised, and in connection with that, Miss Gregory's plea for a longer and more thorough training of midwives.

Syphilis as a potent cause of infant mortality was briefly referred to, and the fact that a Royal Commission has been convened to report on this subject, was hailed with gratitude as a tardy step in the right direction. A resolution was carried recommending that women as well as men doctors should be appointed to serve on the Royal Commission, and a further Resolution was passed to the effect that the Public Health Committee should be urged to give serious study to this all-important social question, so that *preventible* disease should be *prevented*, and that as soon as possible.

A short Report on the recent Tuberculosis Conference followed, and then Dr. Alice Salomon, from Berlin, the Secretary of the International Council of Women, gave a *short and interesting* account of the success of the Maternity Benefit in Germany since the new Insurance Bill was passed there.

Every insured woman in Germany receives Maternity Benefit for eight weeks, two weeks before, and six weeks after her confinement, to the value of half her usual wages. The patient may be sent to a Maternity Home instead of receiving cash payment. In some cases this benefit may be extended to wives of insured men, and to giving a larger proportion of the weekly wage. A movement is on foot in Germany urging that the benefit may be extended to three months instead of eight weeks.

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**HOLIDAY PAPERS.**
**UP-ALONG.**

Do you wish to spend a holiday in fairyland? Then go to Up-along. It is just on the border of England and Scotland, and its waters are famed for wisdom. To enjoy it to its full, put back the clock to eight years old, and visit it with me.

The railway comes no nearer than five miles, but together we will walk, never fearing to find the village, for straight in front on the hillside, half hidden in the trees, gleam the white walls of its cottages. Up the lonnin' hills, never a house to be seen, and every step we take the sweet scent of the peat to welcome us. Here is the line of the Roman wall, there the remains of a great fortress. Hadrian walked on this very road and made history; he taught the secret of successful colonising to the greatest Empire that has ever been. Here we come to an altar to one of his Gods; here a memorial tablet to a brave young officer who died at duty. See down by the water side by those three stately beech trees planted many a year ago to shelter the bees, is a bit of the real fabric. Touch it. Soldiers of the Legion built it centuries ago. They came from a sunny land and settled on this windy hill. When the wind comes howling up the wood on a winter night you can hear them marching; lie close and you will presently see the gleam of their breast-

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