

interests of the profession, should join and work to get it altered.

They hoped to create a strong professional Union whose sole aim was to promote by co-operation the effectiveness of the profession, and through it the good of the community. The Union was not a trade union, because a trade union seeks the good of its immediate members only. The National Union seeks the good of the whole community, and will try to better the conditions under which nurses work, because the members believe that only by securing right conditions can nurses do the best work to promote the welfare of the community.

A standing committee, to watch the interests of members in Parliament and elsewhere, had been appointed, and they hoped to receive suggestions for consideration by that committee from individual members.

The President, from the Chair, proposed a vote of thanks to Miss Gibson (the retiring Secretary), for her very valuable work. She was glad that Miss Gibson was to remain an active member of committee.

Miss Rosalind Paget, in seconding the motion (which was carried with enthusiasm), and proposing a vote of thanks to Miss Haughton for presiding, to Miss Alexander for all the help given to the London Branch, and to the speaker, said that she felt sure the Union had a great future before it.

The business being ended, the meeting adjourned for tea, and much friendly discussion on the future of the Union accompanied it.

SOMERSET AND DEVON DIVISION.

The remaining three Branches of the N.U.T.N. in the Somerset and Bristol Division held their annual meeting in the latter part of January. The Frome meeting was held by kind permission of Miss Sumner the Matron at the Victoria Hospital and Miss Symonds, N.U.T.N. Health Lecturer, gave a most interesting address on "The Power of Thought from a Nurses' Point of View." Miss Duckworth, Orchardleigh, Frome, and Miss C. Daniel, High Place, Frome, were elected Branch Secretaries for this Branch. The meetings at Bridgwater and Yeovil were of a purely business character to elect committee and officers and discuss plans for future meetings. The Bridgwater Branch elected Miss Wade-Gery, Carmington, Bridgwater, as their Secretary, and Mrs. Quantock Shuldham, The Manor, Norton-sub-Hamdon, was elected Secretary for the Yeovil Branch.

TAUNTON AND MINEHEAD BRANCH.

Combined meetings of the above branches are being held at St. James's Church House, Canon Street, Taunton. On Wednesday, a very interesting lecture was given by Dr. Alford, M.O.H., on "Water: Sources and Impurities." On March 11th, Mr. Penrose Williams, F.R.C.S., will speak on "The History of Aseptic Surgery," and on April 8th, Miss Callaghan, Matron of the Taunton and Somerset Hospital, will give an address on "Nursing Ethics."

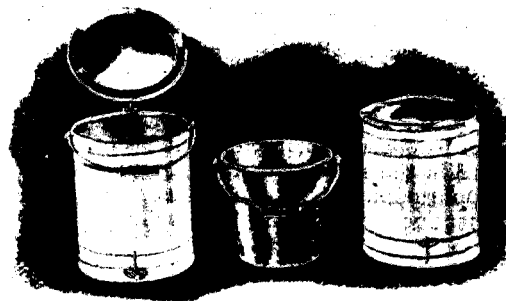
PRACTICAL POINTS.

Use of Newspaper.

Where blankets are few a warm bed-covering may be made by tacking a double thickness of newspaper on to a thin blanket. The paper should first be perforated in a score of places to allow of ventilation. The best way is to pierce it quickly with a red-hot thick knitting pin. Without perforations such a covering would be unhealthy.

A New Sanitary Waste Pail.

The accompanying illustration shows a receptacle for soiled dressings of which the cover can be opened and closed automatically by means of a foot pedal. It can also be lifted out of the white enamel steel body and emptied without



soiling the hands; turning the pail by the handle to the right engages slots in the white enamel steel body; and the entire receptacle can be picked up by the handle and carried from room to room.

To Relieve Pain.

The best method of applying dry heat for the relief of dysmenorrhœa is to place a stone hot-water bottle wrapped in flannel, between the patient's thighs, close to the vulva. The most convenient shape of bottle for this purpose is Doulton's small Improved Foot Warmer. The continuous heat applied to the inner side of the thighs effects relief when abdominal application fails.

AN IMPROVED NURSING SERVICE.

In responding to a toast of his health at a dinner given in his honour at the Whitehall Rooms, Dr. Addison, M.P., in outlining certain lines along which future developments of the medical service under the Insurance Act might proceed, mentioned an improved nursing service. We are pleased to note that at last politicians are beginning to realise that medical benefit in the homes of the poor is very ineffective unless it includes nursing benefit. It is to be hoped money will be forthcoming to pay nurses employed in this duty—a just and sufficient salary.

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