

overseas who do not register find employment, which is a risk to patients, and unjust to nurses trained and compelled to register in South Africa. We hope the matrons and nurses in United South Africa will give the Government a strong lead,—we feel sure they will have the support and encouragement of the Medical Councils.

THE INTERNATIONAL COUNCIL.

Miss Dock has received the following letter from Mrs. M. C. Sloss, Chairman of Committee on Distinguished Women, Woman's Board, Panama-Pacific Exposition:—

"The Woman's Board of the Panama-Pacific International Exposition, having in charge those branches of Exposition work that have to do particularly with woman's activities and progress, is giving particular attention to the reception and entertainment of notable women who may visit this city during the Exposition year 1915. This branch of the Board's functions has been delegated to a 'Committee on Distinguished Women,' in behalf of which this letter is written.

I learn from Mr. James Barr, Chief of the Bureau of Conventions, that your organization will meet at the Exposition in 1915. No doubt you will have among your members, or accompanying them, a number of women occupying a high position, whether it be in the philanthropic, the intellectual, the social, or some other field. It is the hope and desire of our Committee to have the privilege of greeting and entertaining all such women.

"Will you, therefore, be good enough to furnish me at your earliest convenience the names of any distinguished women whom you plan to include in your program?"

We feel sure trained nurses will greatly appreciate the courtesy extended towards them.

PERSONAL SACRIFICE.

We are not surprised to learn that the Matron of the Victoria Hospital, Blackpool, has resigned her position, as she felt she could not work happily with medical men who have demanded her resignation before consenting to consult with the Board of Management on the administrative difficulties, which have arisen primarily from their own interference with nursing discipline and consequent resignation. We extend our sincere sympathy to Miss Peel, feeling sure she has sacrificed herself in the cause of peace. We of course think that a fair trial before condemnation should have been demanded. Such a course is conducive to justice to the profession as a whole.

MEDICAL NOTES.

Spinal Curvature from Eye Strain.

Sir William Bennett, President of the Illuminating Engineering Society, presiding at its annual dinner said that the society had aims which concerned the public health, and that it hoped for the aid of the medical profession which was the guardian of the public health in pursuing these aims. In connection with light many people thought that the excellence of a light lay in its intensity, and lost sight of the fact that too much light as well as too little might injure health. The lighting of schools was a good object lesson. Too little light produced eye strain, brain fag, and consequent evils. Too much light on the other hand produced eye and brain irritation, headaches, neurasthenia, and the conditions resulting from the over stimulation of such a delicate organ as the eye. Badly arranged lights might lead, in growing subjects, to the unequal use of the eyes and cause bodily distortion, leading to spinal curvature. Children often suffered from brain fatigue, ascribed to overwork, which was really due to defective lighting. It was notorious that the use of spectacles by children was increasing and while these were supplied and used under medical supervision there was no methodical inspection or supervision of the light in which they worked. It would be interesting to ascertain the effect of such supervision on the number of spectacles required. Illumination was as much a matter of hygiene or any other sanitary measure.

A New Treatment of Alcoholism.

The Journal of the American Medical Association says that sugar and alcohol supplant one another in the human body. The alcoholic has an aversion to sugar; the body receives a minimum supply and so cries out for more alcohol. Chronic alcoholism is treated by increasing the intake of sugar and lessening the alcohol supply. The sugar satisfies the craving for the stimulant. Cereals with sugar, sweet fruits, pastry, chocolates and ice cream are advised. If there is a distaste for sweets, the change must be gradual and a dram of lactose in powder given every two hours. Toddy, juleps and sweet wines are given in the early stages. A sweetened liquor relieves the craving in from one to four weeks. The average case omits alcohol in from three to five days. Cathartics and diuretics are advised to remove the accumulated poison and avoid acute intoxication.

Ophthalmia Neonatorum Notifiable.

Since Wednesday in this week ophthalmia neonatorum has become a notifiable disease throughout the country. It is high time the public realised the highly contagious nature of this terrible disease, and how to prevent it, which for many years has been the cause of at least one-third of the blindness of the young. If it was not for ignorance and neglect blindness from this affliction might be practically abolished.

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