

- (c) The boot is kept soft and supple.
- (d) The sock is kept clean and well darned.
- (e) The feet are washed and thoroughly dried daily.
- (f) There is a regular foot inspection.
- (g) The chiropodist is consulted early.

It cannot be denied that some men's feet blister more readily than others, and it is wise in such cases to try to harden the skin and make it less susceptible. When a man's feet are sore and inflamed, but not blistered, it is advisable for him not only to carry out all the rules laid down in this paper, but also regularly to do one of the following:—

(a) Rub the feet night and morning with spirit, to which may be added 1 to 2 per cent. of salicylic acid.

(b) Paint the tender parts once or twice a day with either a saturated solution of picric acid, or a solution of chromic acid (2 to 3 grains to the ounce).

(c) After drying the feet, sprinkle with a powder composed of talc and salicylic acid (salicylic acid 2 grains, talc 1 oz.).

(d) Soak the feet in a bucket of cold water, to which potassium permanganate, salt, alum, tannic acid, or saltpetre has been added.

Men who complain of excessive sweating of the feet should soak them daily in a solution of formalin and water (1 to 800), dry them, and dust them with zinc oxide or some other powder. Tender feet may be well greased with zinc or boracic ointment, or the soles of the feet may be soaped. When a man's feet are normally fatigued at the end of a long march, after he has washed and dried them he will find great relief if he lies down and raises the feet by resting them against some firm object.

One cannot leave the question of the soldiers' feet without mentioning the fact that the gonococcus is responsible for many foot disabilities in the Army. The *fons et origo* of the trouble should be drastically treated, and the serum injections resorted to, but a man with gonococcal arthritis, or flat-foot, should be rejected, as he will always be a danger to his unit.

If every soldier were taught to take as much care of his feet, boots, and socks as his rifle, and, in addition, were compelled to do so, sore feet would cease to give trouble. The civil surgeon may inquire, "Why all this toil for the triumph of an hour?" and my answer is "*Finis coronat opus.*" The crowning hour of success may be gained by men whose feet can carry them to victory; but can never be won by those who cry in despair, *Volo, non valeo.*

FRENCH FLAG NURSING CORPS.

We notified last week that at an early date the thirty nurses forming Units V to IX of the above Corps would leave for France.

On Saturday last Mrs. Murray and Dr. Murray Leslie, and Mrs. Anderson, formerly of St. Thomas' Hospital, chaperoned to Rouen the Guy's and Scottish units, and on the following day telegraphed for an additional eighteen nurses, the majority of whose names and qualifications we published last week. On Thursday, the 19th inst., the party left for France, in the care of supervisors—Miss Florence Burn, Miss Alys Barry, Miss Webster (cert. Melbourne Hospital, and formerly Matron of the Colony Hospital, St. Vincent, B.W. Indies), and Miss A. M. Hanning (cert. Royal Infirmary, Sunderland), who took with her Miss Eaddy and Miss Cooke, registered nurses in New Zealand, holding certificates from the Gisborne and Auckland Hospitals, so now Canada, Australia, and New Zealand are represented in the Corps. The Scottish unit, supervised by Miss C. Mitchell, spent a few days in London, and from the picture over page, our readers will gather what a bonny band of nurses they are, and how much the committee is in the debt of Miss Gill for her admirable selection. Fifty-eight nurses have now been despatched to the Rouen district, and the three units to complete the 75 required are ready when requisitioned—that of the National Union of Trained Nurses, the 2nd Scottish, and the Irish unit. The disposition of the nurses has been made by the medical *Chef de Service* at Rouen, to Havre, Trouville, Deauville, Houlgate, Caen, and some dozen other places in the vicinity.

Already the nurses write of the great need of thoroughly skilled nursing in the French hospitals and ambulances, and the sad condition of the patients—their need of cleanliness, comforts, and clothing when discharged, and the Superintendent of two Queen's Nurses sent out has offered kind help in this connection. We greatly hope that as soon as the immediate press of work of selecting a thoroughly reliable nursing staff has been effected, that some attempt may be made to give practical help to the French soldiers nursed by the members of the French Flag Nursing Corps. We feel sure many kind people who have to stay comfortably at home, and who long to be of use, would help the committee in such a scheme. We must remember that many factories in France have been smashed up, and that wool and woollen:

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