

The first thing to be considered is the welfare of the sick and wounded, and nurses are peculiarly unsuited to press for just economic conditions because the needs of the sick are paramount with them. They do not stop to consider the monetary value of their work, or the risks of infection, when confronted with relievable suffering; full of sympathy, generous and uncalculating, they only asked permission to give their skilled aid with a devotion which no money can recompense, and they receive the gratitude which no money can purchase.

But those who have studied nursing economics realize the position. The majority of nurses have no means except the salaries they earn. Frequently they have relatives dependent upon them, and as there is every prospect of the war lasting for some time we consider that the question of the salaries of those employed in military nursing outside the regular Services should be re-considered. £1 1s. a week is not sufficient for a nurse dependent on her earnings for any length of time.

It is urged that the salaries paid to those working under the authority of the Joint War Committee are equal to those of the members of Queen Alexandra's Imperial Military Nursing Service, but it must be borne in mind that emergency work is paid for at a higher rate than regular work, and that the members of the Military Nursing Service are working for substantial pensions which are really deferred pay.

The nurses who by their trained skill restore men to the fighting line, who minister to the dying, and give those who are bereaved the inexpressible comfort of knowing that everything that can be done has been done to ease the last moments of those dear to them, are some of the most heroic figures in the war. The majority take no thought for themselves, and spend their strength and risk their lives most unselfishly, but it is the duty of a grateful nation to see that the recompense they receive is in some proportion to the magnitude of the services they render.

IN SUPPORT OF STATE REGISTRATION.

We have great pleasure in acknowledging two generous gifts in support of State Registration—one of £2 2s. from Miss Violetta Thurstan as the "firstfruits of my royalties," and also £2 2s. from "A retired colonel of 77 years," whose most kind letter appears in another column. This gentleman remains anonymous as he holds a Court appointment.

OUR PRIZE COMPETITION.

WHAT ARE COLDS?

We have pleasure in awarding the prize this week to Miss Gladys Tatham, Sherwood, Roehampton Vale, S.W.

PRIZE PAPER.

To the lay mind the word "cold," or the phrase "to catch cold," usually signifies any condition in which sneezing, cough, running at the eyes or nose, or sore throat are simultaneously or separately present. The popular idea that one "catches a cold" from a current of fresh air has a slight basis of truth, from the fact that a persistent draught or continuous low temperature decreases the resistance of the system generally, and so increases the liability to contract any infection which may be prevalent. "Colds" proper are caused by the micrococcus catarrhalis, an organism of the staphylococci species, present in the nasopharyngeal secretions. The cold may begin gradually or come on very rapidly. If it is a "cold in the head," the first symptom is generally an aching tightness at the back of the throat, accompanied by general feelings of malaise. The mucous membrane of the throat and nose is at first hot and dry; then it exudes a clearish secretion, which passes on to a thick, purulent phlegm. There is an old saying that a "cold takes nine days—three to come, three to stay, three to go." If taken at the very commencement, doses of ammoniated tincture of quinine sometimes avert or minimise the attack.

"A cold in the chest" sometimes follows "cold in the head"; the chest feels sore, and there is a tight cough, which soon becomes looser and bronchial in character. The expectoration is purulent in character. Usually a cold in the chest is merely another description for an attack of bronchitis.

Influenza is sometimes disguised under the name of a cold, although there is an increasing tendency among the public to call every cold influenza nowadays.

Malaise, increased temperature, cough, headache, sore throat, copious mucous secretions from the naso-pharynx or chest may be due to the work of the micrococcus catarrhalis, or they may be symptoms of other diseases. All those suffering from such symptoms should take care of themselves and try to cut short the attacks. A few days in bed, with a light diet in cases where the temperature is up, is probably the quickest cold cure. When this is not possible the patient should avoid overheated rooms, fatigue, and indigestible food. He

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