

glasses for the purpose, or even common tumblers may be used, some blotting-paper and cotton wool, a small quantity of spirits of wine in a saucer, and a lighted candle are required. The glasses are first warmed, and a piece of lighted blotting paper two inches square, soaked in the spirits of wine, is thrown into each glass; after letting it burn for two or three seconds, invert the glass suddenly over the selected spot, and so on with each in succession. A bladder will arise in the interior of each glass. If wet cupping is desired, a scarificator is used before the glass is applied to the part, and the glass removed as before, by inserting the thumb nail between the rim of the glass and the skin. The glasses are left on for periods varying from five to thirty minutes. The wounds afterwards are covered with a sterile dressing, unless it is desired to encourage further bleeding, when a hot fomentation is applied.

Leeches are used to remove a small quantity of blood. The skin is well cleansed in the usual way before applying them. Sometimes a little cream or milk is smeared on the skin to encourage them to bite. To apply the leech, the larger end should be held in a test tube or fold of cloth; the smaller end, or head, is directed to the skin in the necessary region. The leech bites should be washed with sterilized water, and sterile wool and a bandage applied, which in most cases will stop bleeding. A hot fomentation is applied if necessary to encourage the bleeding. All leech bites must be watched, and firm pressure applied if hæmorrhage occurs after removal of leech; a doctor should be informed, and pressure maintained until his arrival, or until the hæmorrhage is controlled.

Mustard leaves are good counter-irritants, and are dipped in tepid water and applied to the previously cleansed skin and left on a quarter of an hour or longer, until the skin is reddened. Ointment spread on lint is then applied, covered with wool kept in place by a bandage.

Mustard poultices have similar action. Equal quantities of linseed meal and mustard are used, stirred into boiling water. The mixture is then spread on lint or brown paper, with a layer of muslin over the poultice. It should not remain on long without ascertaining its effect, especially on the old and very young. A corner should be turned down, and the skin examined to prevent blistering.

The application of counter-irritants must be rightly timed and placed; not too soon, nor too near seat of disease. All acute symptoms should have subsided, otherwise, instead of affording relief, the local and general disease may be aggravated.

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss S. Simpson, Miss K. Kohler, Miss V. Pratt, Miss E. Trevethan, Miss M. Robinson, Miss F. Jenkins.

Miss C. G. Cheatley's excellent paper unfortunately arrived too late from Ireland to include in the competition.

QUESTION FOR NEXT WEEK.

Mention some of the causes which may delay delivery in childbirth, and the course you would adopt to assist the patient in each case.

NURSING AND THE WAR.

SPLENDID NATIONAL SERVICE.

The report of the *Maison de Santé Protestant*, Bordeaux, contains an interesting account of the work done during the first year of the war (from August, 1914 to July, 1915) by former pupils of the school, drawn up by Dr. Anna Hamilton and based on facts supplied by the nurses themselves in reply to a *questionnaire* circulated amongst them by the Committee.

What has specially struck the doctors has been the practical knowledge of these nurses, their capacity in regard to all kinds of illnesses, for their knowledge is not limited to the care of surgical patients and the management of an operation service, but they are not afraid of being placed in charge of medical sections, even those which are devoted to the isolation of contagious diseases.

Thus it is, that notwithstanding the large proportion of surgical hospitals during the war, a proportion of the nurses trained in this hospital have served in medical and contagious wards, where the competence of the *personnel* must be of the first order to avoid complications, and the spreading of infectious diseases such as affections of the respiratory tract, enteric fever, dysentery, scarlatina, tetanus, erysipelas, &c.

During the first year of the war 110 of the nurses cared for sick and wounded soldiers, but precise information as to their work had only been received from 80 of them when the report was published.

Twenty-three military hospitals, temporary or mixed, have applied for 37 of the nurses, sixty-five of its pupils have worked in twenty-seven Red Cross Hospitals, and, besides these two principal groups, three benevolent organizations at Arcachon, Aouste, and Béziers have engaged its nurses.

In foreign countries the Italian Red Cross at Milan, and the Belgian Red Cross at Brussels have done the same, and in Egypt, Mlle. Bryant, a former pupil and benefactress, is directing the Government Hospital at Benha where wounded French soldiers are received.

There is perhaps no other professional group who have during this terrible war spontaneously mobilized, voluntarily sacrificing their usual remuneration, and that without the prospect of decorations, and future posts, but, on the con-

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