

THE NECK.—In regard to the neck, Dr. Williams emphasised the importance of loose-fitting collars, and advised nurses to enter into open rebellion in regard to high and tight fitting collars, which are most unhygienic for people who, like nurses, have constantly to stand in cramped and strained positions.

Any compression of the vessels of the neck causes congestion and impedes the circulation of blood and removal of impure blood from the brain by way of the veins and lymphatics. Headaches, irritability, and other ills are brought about by the stupid fashion of constricting the neck. No uniform should be imposed upon nurses which does this. Moreover, the thyroid gland in women varies in size at particular times, and tends to enlarge at the periods. Tight collars interfere with the function of the thyroid.

STAYS.—The lecturer advocated the use of straight-fronted riding stays by nurses, holding that with much standing the blood tends to collect in the large vessels of the abdominal area. Nothing contributes so much to fatigue of body and mind as sluggish circulation. Properly constructed stays keep the abdominal organs, and, more especially, the large intestine, in place. There is no chronic disease which may not be due to absorption of poisons from the large intestine.

M. B.

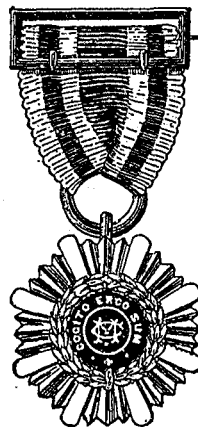
THE SUFFERINGS, SERVICES AND REWARDS OF MILITARY NURSES.

A Member of Parliament writes: "I notice your letters on the 'Nation's Fund for Nurses.' I do not think the point that nurses do not look for charity is a very strong one. But it is a strong objection to this propaganda that nurses' sacrifices and sufferings and service in this war are being made a lever to get from the public, grateful for their great services, and from officers and men who have profited by them, contributions that are partly at least intended to be devoted, not to these nurses, or to nurses broken in the war, but to the establishment of a College for the manufacture of future nurses. This appears to me to be an exploitation of the suffering and service of existing nurses for the benefit of those who are not now nurses, but who may in the future wish to take up the profession. If people are asked to give they should be told plainly what their money will be used for, and military nurses should, I think, be protected from this bracketing of their sufferings, services and rewards with a College not for them but for others."

If the sufferings, services and rewards of military nurses had not been exploited in this appeal for the College of Nursing, Ltd., the public would not have subscribed the money. The promoters are well aware of this fact, and it is one element in the "Nation's Fund for Nurses" which is open to the severest criticism.

THE MATRONS' COUNCIL OF GREAT BRITAIN AND IRELAND.

QUARTERLY MEETING.



The Quarterly Meeting of the Matrons' Council was held, by the kind invitation of the President, Miss M. Heather-Bigg, R.R.C., in the Nurses' Home, Charing Cross Hospital, on Saturday afternoon, April 6th. There was a large attendance. To the great regret of the members, Miss Heather-Bigg was unable to be present owing to serious illness in her family. In her absence Sister Marshall made the arrangements for the meeting, and received

the members with the utmost kindness and courtesy.

On the proposition of the Treasurer, Miss S. Villiers, Mrs. Bedford Fenwick was unanimously voted to the chair.

Before the minutes were read, Mrs. Fenwick read the following letter from the President:—

DEAR MRS. BEDFORD FENWICK,—Will you express to the Matrons who have met here to-day my deep regret at my enforced absence, and the cordial welcome I extend to them all. I feel sure the meeting will be one of interest, and I trust our cause will be strengthened by the united efforts of all present.

Yours sincerely,

M. HEATHER-BIGG.

Mrs. Fenwick said she was sure that those present would wish to send to their President a message of sympathy with her in her anxiety, and this was unanimously agreed.

The minutes were read and confirmed.

CORRESPONDENCE.

The correspondence presented by the Hon. Secretary included a letter of thanks from the Hon. Secretary of the Society for the State Registration of Trained Nurses for a welcome gift of £5 to its funds, and a letter from Miss A. Dowbiggin, R.R.C., Matron of Edmonton Military Hospital, accepting the position of a Vice-President of the Council.

A number of letters of regret at inability to attend the meeting were read by the Hon. Secretary, including one from Mrs. Porter, who wrote from Tullow, co. Carlow, where she is nursing her husband, who is suffering from severe wounds received in action. A message

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