

Convalescence is usually rapid. Tonics may be given, diet increased, and as soon as possible the patient should have a change of air.

There is hardly any other illness which calls for more careful nursing than pneumonia.

#### HONOURABLE MENTION.

The following competitors receive honourable mention:—Mrs. E. J. Gotlob, Miss J. Evans, Miss P. James, Miss N. Adams. We regret that an excellent paper from Miss Winifred Appleton only arrived on Wednesday morning.

#### QUESTION FOR NEXT WEEK.

What diseases may be caused by faulty dieting? Mention some of the effects which may follow the consumption of putrid or diseased meat.

### DOPING.

It may be cold comfort to self-respecting members of the Nursing Profession in connection with being exploited by the *Daily Sketch*, in support of the sinking fund of the College of Nursing, Ltd., through the now very notorious Victory Ball at the Albert Hall, that the terrible vice of Doping has been dragged into the light of day at the inquest on the young actress Billie Carleton, found dead in bed after attending the Ball, and to which we allude in another column. Great public interest has been aroused in this sad case, and the prevalence of drug taking by the most vicious coterie of society and its hangers-on (a fact well known to trained nurses) has come as a rude shock, and, let us hope, as a salutary warning to the community in general. One good result of the exposure in the Westminster Coroner's Court is the wide publicity given in the daily press to the demoralization of persons addicted to "doping," as the more the terrible results of this vice are known, the greater the hope that the traffickers in murderous drugs will be brought to justice, and ignorant people saved from their cruel lust of filthy lucre. We would advise trained nurses to be keenly on the watch for sufferers from the "drug fiend," and to use their utmost endeavour to counteract the evil machinations of drug "profiteers" in our midst. It would appear that the police might be more alert in this connection!

Or do they not know there is a wide illicit traffic in the following dangerous drugs, which chemists may not sell without the presentation of a doctor's prescription, and that all such sales must be reported in the chemist's register?

#### WHAT THE DRUGS ARE.

The following is a list of the drugs in which there is an illicit traffic:—

*Cocaine*.—A white powder made from coca, a plant extensively cultivated in South America. By the medical profession it is largely used as a local anæsthetic. In normal times it is cheap. A small quantity worth a few pence is now illicitly sold in the West End for four or five pounds.

*Heroin*.—Another form of morphine.

Both cocaine and heroin are taken as snuff.

*Opium*.—For smoking a special preparation is used known as "chandoo." Opium-smoking carried to excess is utterly demoralising.

*Haschisch*.—The top leaves and tender parts of Indian hemp, dried for smoking and chewing and used as a narcotic in the East.

*Morphine*.—The chief alkaloid of opium. Once the use of morphine becomes a habit it is very dangerous, and brings about rapid moral degeneration.

### THE ROYAL RED CROSS.

The King conferred the decoration of the Royal Red Cross upon the following ladies at Buckingham Palace on Friday, December 13th:—

#### FIRST CLASS.

Assistant Matron Margaret Weir, Territorial Force Nursing Service; and Matron Emily Power, British Red Cross Society.

#### SECOND CLASS.

*Queen Alexandra's Imperial Military Nursing Service*.—Sister Annie Buyers and Sister Beatrice Thomas.

*Queen Alexandra's Imperial Military Nursing Service Reserve*.—Sister Mary Collier, Sister Anna Stuart, and Staff Nurse Matilda Tate.

*Civil Nursing Service*.—Matron Elizabeth Price and Matron Evelyn Pugh.

*Voluntary Aid Detachment*.—Mrs. Minnie Scott.

*American Nursing Service*.—Assistant Matron Alvira Stevens and Sister Letitia Kelly.

The King also conferred the following honours:—

#### THE MILITARY MEDAL.

Miss Mary Campbell, Voluntary Aid Detachment; Miss Gertrude Johnston, Voluntary Aid Detachment; and Sister Meta Hodge, Canadian Army Nursing Service.

Queen Alexandra received at Marlborough House the Members of the Military and Civil Nursing Services subsequent to their Investiture by the King with Decorations at Buckingham Palace.

#### QUEEN ALEXANDRA'S HOSPITAL FOR OFFICERS.

Her Majesty afterwards received Mr. Herbert J. Paterson, F.R.C.S. (Honorary Surgeon in Charge), and Miss Mary C. Sinzminex (Matron), of Queen Alexandra's Hospital for Officers, Millfield Lane, Highgate, and several Members of the Staff to whom she presented the Badge of the hospital.

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