

sent to the Secretary of State for the Home Department in countries in which a National Council of Nurses is affiliated to the International Council:—"Whereas with the advance made by scientists in the study and comprehension of the human mechanism, and with the new knowledge regarding the nature and effects of fatigue upon the human organism, it is seen to be unscientific and wasteful to destroy human capacities by overstrain; Resolved, that we earnestly beg hospital authorities to give the same consideration to the problem of overwork among nurses that industrial leaders are giving to the question of overwork among workers in industry, in order that the present grievous destruction of the health of nurses may cease."

MEDICAL MATTERS.

THE CONTROL OF INFECTIOUS DISEASES.

The Local Government Board is taking steps to control the spread of a number of diseases not hitherto notifiable, and after March 1st it will be the duty of medical practitioners to notify malaria, dysentery, trench fever, acute primary pneumonia, enteric fever, relapsing fever, and typhus fever as epidemic and infectious diseases.

PNEUMONIA.

Pneumonia is frequently associated with the other mentioned diseases. The Local Government Board Regulations state:—

EFFECTIVE PROPHYLAXIS.

Effective prophylaxis depends on isolation of the patient and on the adoption of measures calculated to reduce the risk to those in attendance on him of droplet infection. It has been shown that in ordinary conversation infected material may be projected four feet, and during coughing or sneezing as far as ten feet. If the patient is treated at home he should have a separate room; if in a hospital ward, crowding must be strictly avoided. The value to the patient of abundance of fresh air, free ventilation, and sunlight cannot be too strongly insisted upon. All window curtains and unnecessary furniture should be removed from the sick-room. Sputum and discharges from the nose and throat should be disinfected. For sputum a cup containing a strong solution of chloride of lime may be used. Handkerchiefs should be boiled. Attendants on the patient should observe the ordinary precautions necessary in dealing with cases of infectious disease. Prophylactic gargling and douching of the nose

are recommended. In nursing cases of pneumonia associated with influenza or some other acute infectious disease, the wearing of face masks is desirable.

FACE MASKS.

Face masks may be improvised from gauze or butter muslin—three layers of butter muslin, eight inches long by five inches wide, sufficient to cover the mouth and nose, and fastened at the back of the head with tapes. Of general prophylactic measures the most important are the avoidance as far as possible of direct infection and of the predisposing conditions already enumerated which tend to lower resistance to infection.

COMPULSORY STERILIZATION.

The medical correspondent of the *Times* draws attention to the deadly method of infection in influenza from the unsterilized cup and glass in clubs, public bars, restaurants, &c., and considers that every public place should be compelled to use a sterilizer.

VACCINE FOR PNEUMONIA.

Lieut.-Colonel H. R. Berry, surgeon at Camp Pix, New Jersey, announces that in the last two months only one case of pneumonia developed among the 17,467 soldiers who had taken the new pneumonia vaccine treatment, while more than a score died from the same disease among uninoculated troops.

The results are so satisfactory that Major-General Scott has urged all returning soldiers from overseas to take treatment before their discharge.

INFLUENZA SPREAD BY INSECTS.

Immanuel Kant, in a "notice to physicians" on the influenza scourge which swept over practically the whole world towards the end of the eighteenth century, expressed the opinion, says the *British Medical Journal*, that the disease was spread not only by atmospheric conditions, but by infection conveyed by insects, and that the paths of communication between Europe and other parts of the world by sea and caravan were the means of conveyance of disease.

OUR PRIZE COMPETITION.

We regret we have been unable to award a prize this week, as no paper came up to the requisite standard.

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