

## GENERAL NURSING COUNCIL FOR SCOTLAND.

The General Nursing Council for Scotland is advertising for a Secretary at a salary of £400. We hope a highly-trained and experienced Nurse will be selected, following the example of the Council for England and Wales. As trained Nurses are financing their own Registration Schemes they should fill the senior official posts.

## NATIONAL INSURANCE.

### NEW RATES IN FORCE AFTER JULY 5th.

The National Health Insurance Bill, which has just received the Royal Assent, makes important changes in the benefits and contributions under the Health Insurance Scheme, to operate from July 5th next, and is of interest to nurses.

The object of the changes is to provide for an increase in the rates of benefits in view of the fall in the value of money. The normal rate of sickness benefit will be raised from 10s. to 15s. a week in the case of men and from 7s. 6d. to 12s. a week in the case of women; disablement benefit will be raised from 5s. a week to 7s. 6d. for both men and women; and the amount of maternity benefit will be raised from 30s. to 40s.

In order to provide for the increase of benefits the joint weekly contribution is to be increased from 7d. to 10d. in the case of men, and from 6d. to 9d. in the case of women, of which the employer's portion will normally be 5d. in each case. In certain cases where low wages are paid the employer will pay a larger and the worker a smaller portion of the joint contribution.

The contributions cards from the week beginning July 5th next must in all cases be stamped at the rate of 10d. a week for men and 9d. for women. Stamps of these values will be on sale at the Post Offices.

## HIGHER PAYMENT OF PANEL DOCTORS.

The Ministry of Health announces that the arbitrators fixing the remuneration of medical practitioners under the Insurance Acts have determined the award of the capitation fee per insured person at 11s. per annum. This is not to include any payment in respect of the supply of drugs and appliances, nor any payments to meet those special conditions of practice in rural and semi-rural areas which are covered by the payments to be made out of the Central Mileage Fund.

## HOURS OF EMPLOYMENT BILL.

The Hours of Employment Bill introduced last session by Sir Robert Horne to give effect to the recommendations of the Provisional Joint Committee of the National Insurance Conference has been redrafted by the Ministry of Labour, and will be brought in at an early date and pressed through all its stages.

## ARE YOU LIVING IN AN OLD SHOE?

### CONTRIBUTOR MAKES PLEA FOR PLENTY OF FRESH AIR AND SUNSHINE.

By MISS M. HASTINGS,  
*Public Health Nurse of the Manitoba Provincial  
Board of Health.*

"There was an old woman who lived in a shoe,  
She'd so many children she didn't know what  
to do!"

Some shoes are very small—they cramp one, and they are dark inside; so are some homes. Why didn't the old woman get out? Lots of room outside! Why was she old, with lots of children? She just stayed in, and became "Martha-ish." Then, the story goes on, at the end of a perfectly awful day, when her nerves were worn to a frazzle, "she spanked them all round and put them to bed." No; she didn't wash their tired little hands and faces, or undress them leisurely by the glowing stove; no little prayers; no fairy tale, as they lay snugly a-bed, to speed them off to dreamland. My dear Mrs. Manitoba, where are your babies? Are they all tucked away for the winter in the dark shoe? Lots of room outside—fresh air, too! It must be fresh, because most of the stale air is shut up in the homes. Windows were first made for two purposes—to admit light and to admit air.

Our windows are usually made in two parts; there is a wooden sash in the middle. This seems to have been put there for Mrs. Manitoba to measure by, so that her blinds shall be all evenly down half way! Why waste your glass for the upper half! Who wants the sunlight in? Set the geraniums on the window-ledge; they must have sunlight, or they will become pale and not blossom; and they will be so useful to keep the sunlight from "Little Willie." Stay! that is not enough. Drape the windows generously with net or scrim.

We must save money. Certainly, but yes, my friend! We must economise. Mrs. Palem's Compound costs so much! Dr. Chasem's Nerve Soother has gone up in price. Let us load up the medicine cupboard and the kitchen cabinet with cough mixture and Squealer's Soothing Syrup. Those ancient Greeks who worshipped Apollo, the sun god, and brought the sick out into the sunlight for his gift of healing, were heathen! We are enlightened. One feels sorry for the baby who arrives late in the year and is likely to be shut in all winter, but sorrier for the little two-year-old and four-year-old. How they patter eagerly to the door when they hear a knock! I think it must be to get a glimpse of the big, unfamiliar out-of-doors. There are dull, cold days, with wind, when perhaps wee folk are best at home; and there are babies who have no comfortable, warm carriage or wrappings. One wishes a kind fairy would come along for them. Oh! you shut-in mothers, I wish I could sing, with the Spring poet:

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