

in turn causes partial stagnation in all the blood-vessels. Those who consume large quantities of beer mechanically overtax their blood-vessels by keeping them in a state of distention."

Miss M. Corner writes: "Never wear garters, but suspenders. Avoid constipation. An elastic stocking, elastic or crêpe bandage may be worn for support, but must be taken off every night and re-applied before getting out of bed in the morning. It is very important and advisable that a doctor should be consulted early if varicose veins prove troublesome in spite of efforts made to give relief. Otherwise, if they are neglected and a varicose ulcer occurs which the patient may treat himself or employ some quack preparation, the condition will become chronic, as well as causing the sufferer much more inconvenience and expense than if he had consulted a qualified surgeon in the first place."

#### HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss K. Matthews, Miss Beatrice Allbutt, Miss M. G. Bielby, Miss A. M. Burns, Miss Winifred Appleton, Miss G. E. Weeks, and Miss Mildred W. Corner, S.R.N.

#### QUESTION FOR NEXT WEEK.

Show how the tooth-brush may carry infection from a diphtheria carrier, and how it should be disinfected. What other articles may become vehicles of infection, especially in schools?

### WORK FOR THE NATIONAL COUNCIL.

Quite a number of trained nurses from Scandinavia and countries near to Great Britain now pay us a visit during their holidays, and London is the great magnet. Imagine one or more of these travellers "doing London" without help. What waste of precious time! The National Council of Trained Nurses might offer a helping hand in providing a cicerone or guide. The Hon. Secretary will, we feel sure, be pleased to hear from any lover of London who could spare time now and then to personally conduct our foreign colleagues around. Many of them desire to visit Miss Nightingale's grave, but do not know where to find it. Nothing delighted a contingent of Japanese nurses more than a visit to East Wellow Churchyard, near Romsey, Hants, chaperoned by Miss Breay, there to pay homage to the great *Foundress of Modern Nursing*. Many of our visits to Paris and other great cities have gained enormously in interest from personally conducted visits to centres of interest by those with a knowledge of their fascinating history.

### NURSING ECHOES.

A nurse's courageous rescue of a small boy from drowning in the Regent's Canal, which we reported at the time, was recognised at a recent meeting of the Mile End Guardians, when Probation Nurse Rosa May Langley was presented with the Royal Humane Society's certificate. Her action, it was stated, became known only three days later, when she developed pneumonia.

Hearing the boy's cry of distress, Nurse Langley threw off her cloak and jumped into the water. Although but a poor swimmer and impeded by her clothing, she succeeded in getting the boy to the bank.

She then donned her cloak, refusing all help, and hurried to her quarters at the Mile End Infirmary, where she changed her clothing and resumed her duties without relating her experience to anyone.

It is to be regretted the *Sheffield Independent* admits such spiteful nonsense as the article headed "Nursing Rivalry" in its Women's Page. We read:—

"The split in the nursing world has been healed and the lively controversy that existed between the College of Nursing and the National Union of Trained Nurses dies a natural death with the dissolution of the latter body.

"The official notice of this event says that 'the National Union of Trained Nurses has stood for the principles of self-governance, a high professional standard, the good of the community and equity for all.'"

Then the writer proceeds to eulogise the College of Nursing, Ltd., giving the credit for all the work done by the pioneer nurses' organisations to this "cuckoo" corporation. The article ends:—

"When in a profession there are two rival organisations whose ultimate aims are the same, though they differ in their *modus operandi*, a certain deadlock is established and solid progress impeded.

"Friends of the nursing profession have much regretted the division that has hitherto existed in their ranks. Unity of operation was essential to the important reforms at which they aimed, and now that the College of Nursing is left alone in the field with its members all of one mind, reform and progress should go merrily ahead."

We can assure the *Sheffield Independent* that the free nurses' organisations do not intend

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