

PRACTICAL POINTS.

NURSES' UNIFORMS.

The Nurses' Outfitting Association of New York City advertises that their uniforms for nurses represent the finest in form, finish and fashion. We greatly admire the cut and simplicity of the white overall, cape and shoes of the dainty little persons here depicted. In the States all nurses wear white, in spite of the high laundry charges, and, of course, nothing could be more hygienic—and becoming.

HOW D'YE USE YOUR 'KERCHIEF?

FELIX J. KOCH.

"Know how to use your handkerchief just *comme il faut*," or in other ways which society, good breeding and so on prescribes?

Of course you do, and, as matter of fact, you really do believe you do, and so does really just about everyone else.

Authorities, however, disagree with you.

They will tell you that among even the most cultured people there are little habits, practised when on the side walks, on street cars, and sometimes even inside homes, which show that they do not know exactly how to use the 'kerchief; they use it, not just when they should use it, but very, very commonly, a moment or so after instead.

Not that, in normal times, this misuse of the handkerchief would be anything more than just annoying.

In seasons of epidemic, say when the flu threatens once again, or there is much pneumonia, the GRIPPE, or things of that sort, then this misusing our little friend of the pocket is quite apt to bring disaster in its way.

The public, old and young, must be educated and, perhaps shamed just a little bit into remembering how the 'kerchief shall be used.

In Cincinnati, therefore, in connection with a recent epidemic of influenza, the Board of Health of the municipality had printed thousands of copies of a rather clever cartoon of a well-groomed burgher of no small means misusing his handkerchief, to the peril of a school-boy just beyond. Friend Burgher represented THE PUBLIC according to the legend on his hat.

"Use the Handkerchief and Do your Bit to Protect Me," the young citizen of to-morrow was presumed to be saying.

In this wise, the cartoon points out, colds, influenza, tuberculosis and pneumonia would be prevented.

It is not only in Cincinnati that this lesson needs impressing upon persons suffering with catarrh. During the recent epidemic of influenza we have noticed even trained

nurses coughing and sneezing around without the safeguard of a pocket handkerchief. At such times the kerchief should be kept disinfected and most carefully used to protect others from infection.

Has your telephone a glass mouthpiece? If not, have one fixed, so that it can be washed and thoroughly disinfected. We know a dainty person who invariably swabs out her telephone mouthpiece before and after using it. Quite a nice cleanly habit and considerate of others.

Kissing the shuttle is a common means of spreading influenza among weavers, according to Dr. Daley, the medical officer of health for Blackburn, who advises operators to avoid the practice until the shuttle has been disinfected.

The death rate at Blackburn has doubled in a week as the result of the epidemic.

Death lurks in dust, yet few people appear to know how to use a duster scientifically. Dust should be slowly and surely gathered up on a rough surfaced cloth and destroyed. The usual method appears to be to flick the dust around so that it may again settle complacently on the surface from which it has been disturbed. After the morning's work wash and disinfect the duster.

At last the London Mendicity Society has tackled the scandal of Flag Days, and the huge expenditure in collecting, before a charity is awarded the surplus. It is high time the methods of such appeals was dealt with by some responsible authority and the first evil to eliminate is the highly-paid "professional collector," who lives sumptuously out of the 16 per cent. charged. The methods of the Nation's Fund for Nurses needs a little limelight cast on its financial methods.



THE LAST WORD IN FINE UNIFORMS.

NOTHING SUCCEEDS LIKE SUCCESS.

The continued success of the Bendable Shoe business has necessitated its removal to larger premises, and, on and after April 22nd (Easter Tuesday) will be located on the first floor at 145, Oxford Street, W., over Alexander, the Great Tailor, and opposite Bourne & Hollingsworth. Orders by post will be increasingly specialised in, and the courtesy which has been so marked a feature of the management of this business, and, no doubt, a factor in its success, will continue as heretofore to be its guiding principle.

Many nurses suffer from "Spring feet," and well made, comfortable shoes are indispensable in the performance of a nurse's duty. The Bendable Shoe is a real asset.

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