

## THE NURSES' BAZAAR.

At the recent Meeting of the National Council of Nurses of Great Britain it was decided to hold a Bazaar about the first week in July, to raise the sum of £250—required as its contribution to Headquarters of the International Council of Nurses at Geneva—and also for an emergency fund for our own National Council. At a meeting of the Sub-Committee elected to carry out the arrangements the following kind offers were made to organise Stalls: Antiques, Mrs. Bedford Fenwick, President; Tea, Matrons' Council, Miss Carson-Rae; Produce, Hospital Matrons' Association, Miss Finch; Flowers, Registered Nurses' Parliamentary Council, Miss A. Cattell.

Miss Bryson undertook to consult the Fever Nurses *re* a sweet stall, and, owing to Miss Hogg being unable to act on the Sub-Committee, the College of Nursing has chosen Miss D. S. Coode to act in her place, and no doubt will select a department as soon as possible.

In the meantime all friends please note that gifts will be most gratefully accepted, and in our next issue we will intimate where goods for each stall will be received.

Nurses do such lovely needlework, and knit so beautifully we hope for a fine supply of useful household and personal articles, and we do hope there will be some really nice pincushions as we can never find one, and as for woolly shawls they sell like wildfire.

## METROPOLITAN NURSING ASSOCIATION.

The Home of the Metropolitan Nursing Association, at 23, Bloomsbury Square, W.C., has many happy memories for hundreds of Queen's Nurses who received their training there in District Nursing. They will be interested to know that it has now been removed to 31, Bedford Place, W.C. 1, and will be officially opened by the President, Princess Marie Louise, on May 14th at 3 p.m.

## THE NURSES' FEET.

### SOME SUGGESTIONS TO HELP OVERWORKED FEET.

By Hamilton M. Wright.

No work done by women requires more exertion or unconscious abuse to the feet than nursing. No class of women undergo a more constant physical and mental strain than the trained nurse. It is almost inherent that in her training a nurse must pass over lightly the effect of work that is at times exhausting to both mind and body.

"There is a natural disposition on the part of the general public, physicians and nurses included, to neglect their feet, endure many discomforts because of a large degree of resistance and good inherited constitution, before they finally reveal the result of misuse," says Dr. William M. Scholl of Chicago in a recent article. "A nurse is on her feet from ten to twelve hours a day. Sanitation in modern hospitals demands floor surfaces that can be kept scrupulously clean, such as hard tile surfaces that are largely non-resilient but which impair the shock-absorbing capacity of the arches of the feet. Continual walking on hard floors, requiring a noiseless step, creates a strain on foot muscles. Bending over

beds and raising on the toes while on duty, wearing light shoes, together with the strain of constant standing and walking, have been revealed, on inquiry into cases of metatarsal arch weakness.

"Constant standing in one or almost one position is not a substitute for walking; nor is walking on a hard surface a substitute for healthful brisk walking in the open air.

"While extreme height of heel has been observed to be the cause of numerous bodily disorders resulting from an improper balancing of the body's weight, a reasonable height of heel properly shaped, that offers a large supporting surface to the heel and does not incline sharply so as to pitch the forepart of the foot into the toe of the shoe may not be injurious.

"It is inadvisable to change suddenly from high to flat or low heels," Dr. Scholl points out. "Serious consequences to health may follow, and nurses who change from the low sport shoes to the high heeled ultra-stylish shoes on vacation trips open themselves to foot troubles.

"Proper fitting of the shoes and stockings are the chief items of foot comfort," Dr. Scholl emphasizes. "Bathing and massaging the feet regularly is a habit that will reap a hundredfold reward. There is a science in foot bathing. A foot bath should be taken at night or after one's duties are completed. Immerse the feet in warm water, not hot. Allow them to remain for ten minutes. Remove the feet and while still wet apply a good granulated foot soap. It should have the consistency of cornmeal. There are more pores in the feet than any other part of the body, and to open these is most essential. When thoroughly cleansed rinse the feet with water ten degrees colder than that used in the foot bath. A proper massage using an up and down motion to improve the circulation massaging the toes individually straightening them to their full, will add to the benefit of the foot bath. It is surprising how much relief a tired worker who is much on her feet can obtain from a real foot bath."

Depressed arches, he states, is the most frequent foot trouble in America, and is probably even more prevalent among civilians than it was found to be among army men by the draft records. Very few have perfect feet, but attention to the feet will pay a thousand fold reward.—*The Pacific Coast Journal of Nursing.*

## AERIAL MEDICINE AND NURSING.

Under the heading "Aerial Medicine and Teaching," by H. C. Loeffler, *The World's Health* is publishing a most interesting series of articles.

In the April number it is stated that the increasing uses of the aeroplane promise to help solve some of the problems connected with Australia's small population spread over a far-flung area. A recent census shows five and a half million of people in the country—the national territory being three million square miles. . . . The problem of getting the benefits of civilization to settlers far inland, hundreds of miles from a railway, has naturally been tremendous. . . . Doctors have had to treat patients distributed over extensive regions. A single doctor at Darwin, for instance, has a practice extending over an area ten times that of Great Britain.

Where the telegraph lines exist, the sick person travels many miles to get to a telegraph station. An appointment is made with the doctor. The latter examines and diagnoses

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