

COMING EVENTS.

February 10th.—Lecture with Lantern Slides by Miss Isabel Macdonald on the "History of Nursing," the Royal Alexander Hospital, Paisley. 8 p.m.

February 11th.—Scottish Nurses' Association entertain Miss Isabel Macdonald to Lunch, Scottish Nurses' Club, Glasgow. 12.30 p.m.

February 13th.—Lecture with Lantern Slides by Miss Isabel Macdonald on the "History of Nursing," the Royal Mental Hospital, Glasgow. 8 p.m.

February 18th.—Dance. Members of the Royal British Nurses' Association and the British College of Nurses. Hostesses, Miss Isabel Macdonald, Miss B. Cutler and Miss D. K. Graham. 194, Queen's Gate, S.W.7. 8-12 p.m.

February 21st.—National Council of Nurses of Great Britain. Meeting of Florence Nightingale Scholarships Sub-Committee, 39, Portland Place, W.1. 5.30 p.m.

February 24th.—General Nursing Council for England and Wales. Monthly Meeting, 20, Portland Place, W.1. 2.30 p.m.

February 25th.—British College of Nurses. Meeting of Council, 39, Portland Place, W.1. 2.15 p.m.

February 28th.—National Council of Nurses of Great Britain. Meeting of Executive Committee, 39, Portland Place, W.1. 4.30 p.m. Tea. 4 p.m.

LETTERS TO THE EDITOR.

Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not in ANY WAY hold ourselves responsible for the opinions expressed by our correspondents.

THE UNCERTAIN LOTTERY OF THE MASS MIND.

DEAR MADAM,—I have been much impressed during the recent Election of the General Nursing Council for England and Wales of the complete lack of knowledge of many of the electors of the candidates for their votes. Many, I believe the majority, do not know even the names of those seeking to be placed in positions of such great importance, much less what their policy on vital matters is likely to be.

True, the members of the electorate might write to all the candidates and ask for information. But if they did so, which I confess appears to me most unlikely, what candidate could reply to 70,000 or 80,000 letters?

Why should not the General Nursing Council, at the next Election, include with the papers it sends out a sheet compiled from answers to questions sent to the candidates on a form issued to them by the Council itself? If they were limited to a certain number of words, and to replies to the questions asked, it appears to me this would be quite a fair procedure, and, further, if a candidate chose to supply her photograph, and to pay for the cost of its production, this might be allowable also.

At present the total ignorance of the majority of the electorate on the subject of the election, and "the uncertain lottery of the mass mind," appears to me to render largely useless the great amount of work and expense entailed by the Election, and even to constitute a danger, owing to the irresponsible character of so much of the voting.

I am, dear Madam,

Yours faithfully,

STATE REGISTERED NURSE.

KERNELS FROM CORRESPONDENCE.

M.B.C.N. writes: "How glad I am to see that our College has decided that the next Annual Dinner shall be a History one, and it is a happy idea to invite historians

as the guests of honour, for learned though they may be, I expect few of them have any idea that Nursing has any history, and I am sure the majority of nurses think that its history began with Florence Nightingale, if then. Then how delightful it will be to meet again some of those characters with which your never-to-be-forgotten Pageant in 1911 made us familiar; specially in my mind is the splendid Philippa of Hainault. I am greatly looking forward to the Dinner, and do hope that nothing will prevent my attending it."

Miss M.T. writes: "It is good to know that at the meeting of the International Council of Nurses in Paris-Brussels, one of the appointed delegates from the Trained Nurses' Association of India will be an Indian Nurse. We have had delightful delegates from India at former Congresses, but, if I remember rightly, this will be the first time for an Indian lady to attend. Japanese and Chinese Presidents and Delegates have been eminent and much-loved representatives at our meetings, and now we shall have the pleasure of making another Asiatic friend—one from our own Indian Empire."

Influenza.

Miss Violet M. Hersée writes from France:—

"I was so pleased to see that my last letter was considered interesting enough to publish, also the January number was deeply interesting to me on account of the 'Tour of the London.' It quite brought back my probationer days!

"I meant to put in my last letter a very simple, yet efficacious preventive treatment against this dreadful influenza. In 1927 I was Theatre and Ward Sister at the Italian Hospital, and during the annual visit of the elusive influenza germ we all (*the staff*) took night and morning 30 drops of Langdale's Essence of Cinnamon in warm milk; not one of us had the 'flu' and no one even had to go off duty with a cold. Since then I have repeatedly offered the same advice over here, always with the same splendid results. I have not known one person who has taken this simple remedy have the slightest cold, let alone the 'flu.'

"It was discovered here in the Pasteur Institute that the influenza and dysentery germ were rendered inert by the use of this essence.

"I hope I am not boring you with something you know already, but it is such a simple and splendid preventive that I should very much like to be able to have it broadcast! The statistics one reads each day in the papers of deaths from this dreadful plague are really frightening. I have been reading a delightful book by Professor Julian Huxley on Africa; in it he says that there are far many more deaths in Europe from influenza each year than deaths from sleeping sickness, etc., in Africa. Doesn't it seem too terrible?

"I wish I had time to do a paper on influenza, but as I have not I will just give my common-sense idea on how to avoid it:—

1. Avoid crowded places such as cinemas, etc.
2. Avoid as much as possible over-fatigue and late hours.
3. Keep the intestinal tract clear.
4. Eat plenty of fruit and fresh vegetables.
5. Take plenty of fresh air, well wrapped up.
6. Take, twice daily, 30 drops of Langdale's Essence of Cinnamon in warm milk.

"I am so looking forward to visiting the British College again when I return to England, though I am not at all sure when that will be, as I do not expect to be free yet.

"Every best wish to the College.

"P.S.—I am suffering from nostalgia rather badly at present, and the Journal makes me want to come to London so much."

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