

through the blood, how can it be hoped to reach them when they are deeply implanted in the tissues? Like other biologists following in the footsteps of Pasteur, who, shortly before his death, wrote: "the bacillus is important, but the most important factor is the vital resistance," Schiassi came to believe that the fight against microbes was more effective when, rather than trying in vain to destroy them, an attempt was made to increase the power of resistance of the tissues.

ACTION ON THE SKIN.

There is, according to Schiassi, no better way of increasing this resistance than to imitate the natural processes. What is, indeed, the inflammation caused by infection of the wounds, but the method of self-defence of the live cells against the bacilli? This resistance being brought about by an influx of the blood in the inflamed regions, any method which assists in bringing about this phenomenon of the circulation (passive or better active hyperemia) will be extremely effective in the battle against germs.

Such methods are those which, generally speaking, produce heat. A thorough study of their mechanism shows that hyperemia brought about by bathing, for example, upon which Schiassi lays great stress, has favourable results, thanks to the outpouring of serum from the blood vessels. This serum, on the one hand, dilutes the bacterial poisons which irritate the nerves and cause pain; this is a very important result, because pain, by reflex action, breaks down the defensive capacity of the tissues; moreover, this exudation helps to eliminate the harmful substances and hastens the process of healing. In addition to its deep-seated action upon the blood, bathing has the advantage also of having a beneficial effect upon the surface of the skin.

It is too often forgotten that the skin is not only a nervous, vascular and muscular organ, with an absorbing and secreting power, but that it also constitutes the intermediary between our organism and its external surroundings. Cazzamali laid great stress upon the extreme importance of the electromagnetic relationship existing between the human body and the universe, without which, even when all our organs function normally, life would be impossible, because the exchange of electrical energy which takes place between our bodies, the atmosphere and the earth, and vice versa, could not take place normally. For this reason everything which stimulates the functioning of the skin has a profound effect upon the tissues; bathing, for instance, by stimulating the outer skin, imparts to the whole body an energy which increases the efficacy of the defence against infection.

There are other heat-producing measures besides bathing, which are equally effective, such as revulsives in general, including diathermy and other electrical treatments, such as short waves, etc.

In this connection it seems appropriate to renew here the warning which should always be borne in mind by the public, that is, all methods used for relieving pain (in the muscles, joints, or internal organs) applied to the exterior, should be used from time to time, and not continually. According to a great physiological principle, which is often disregarded, all stimulants applied to the skin (or acting upon the internal organs in the form of medicine) have their full effect only during a certain time, after which the organ being stimulated becomes refractory, or even reacts in the reverse sense. In treating wounds, the application of heat would be limited to a certain time, in accordance with the law of physiological alternation. As may be observed, traumatology, hitherto governed by purely surgical rules, is evolving in the direction of the respect of biological laws, and, above all, towards the principle that our first teacher is nature; we cannot do better than follow and imitate it.—
By courtesy of the League of Red Cross Societies.

NURSING ECHOES.

This charming portrait of the Queen and Princess Elizabeth is sure to be very popular. The Princess will be 15 on her coming birthday, and the whole nation will wish her health and happiness.

The Queen has agreed that Princess Elizabeth should give her name to the combined London appeal for a number of children's charities, previously known as Children's Day, and that the collection be called Princess Elizabeth's Day.

Queen Mary has been elected President of Bridewell Royal Hospitals at a special Court of Governors.

All over Great Britain our Nurses have earned for themselves tributes for valour during air-raids, and it is not realised by all that the care of the sick, day and night, is an additional strain during this time of trial.

It is well that these devoted women should receive practical appreciation and gratitude from the public.

We learned, therefore, with pleasure that a Rest Home for Nurses, a gift from America, has been instituted at Colworth House, Sharnbook, the home of Lord and Lady Melchett.

The Home was recently opened by Mrs. Rex Benson, representing the British War Relief Society of New York. Those present included Lord and Lady Melchett, Major Astor, M.P., and representatives of the Ministry of Health, and London Hospital Matrons.

Sir Bernard Docker, chairman of the British Hospitals' Association War Emergency Committee asked Mrs. Benson to take to the United States this message:

"The British Voluntary Hospitals send to their generous friends in the United States their heartfelt thanks for the practical gifts which have come to them through the British War Relief Society. These have been distributed at a most opportune time to those hospitals which have lost or used much of their equipment during the heavy air raids. The nurses of Great Britain's voluntary hospitals send a particular message of gratitude to their generous American friends for giving them this beautiful holiday home in the heart of England, where they can spend a few days' rest from their strenuous life in London."

The honorary secretary of the Home is Mr. Charles M. Power, and any inquiries may be addressed to him at Westminster Hospital, St. John's Gardens, S.W.1.

We regret to learn that Miss M. F. Steele, R.R.C., the very able Secretary of the United Nursing Services Club in Cavendish Square, has resigned. This will be a serious loss, as few women apparently are able to fill such positions. Women, unlike men, are seldom prepared to efface their ego in community and stand for general as apart from personal management. This makes the position of officials, especially the head, very difficult. We express this opinion on long experience, having been the Chair of the Executive Committee of the Lyceum Club for seven years.

Men enjoy the broader issues of their Clubs, leaving domestic management to an expert; women love to

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