

vision gradually improves. In children there is poor general health, anæmia, deafness and enlarged glands.

*Facial Signs.*

- Square forehead.
- Prominent Frontal eminences.
- Depressed bridge of nose.
- Radiating scars at angles of mouth.
- Permanent teeth are ill-developed, their angles rounded off, and there is often a crescentic notch in the face margin.

*Treatment.*

- Keep in bed.
- Diathermy and Atropine, 1 per cent. B.D. to rest eye.
- Ultra-violet Light—Vaccines—nourishing food.
- Plenty of rest and fresh air and tonics.
- Convalescent home following Hospital treatment.

M.B.M.

**THE CLINICAL IMPORTANCE OF THE BIG TOE.**

(From a Correspondent.)

Hospital nursing staffs in Canada and the United States have been much interested in an address by Dr. L. H. Newburgh, Professor of Clinical Investigation at the University of Michigan Medical School, in which he pointed out that the human body contains a remarkable thermostat which makes use of the big toe as an indicator.

When the air temperature drops to a certain point, this thermostat begins to shut off the body heat going along to the arms and legs; that is why a patient's toes and fingers are often the first to feel cold. The thermostat acts in this way to conserve the heat necessary to maintain the interior of the body at a constant 98.6° Cent., which is essential to the smooth functioning of the vital organs. Thus hyperthyroidism or other evidence of abnormal metabolic activity can be detected by noting temperature changes in the big toe. The ideal test is that made in a room where the temperature is about 84° Fah., when the patient, reclining nude, is in virtually a complete state of physical relaxation and, if normal, is then using up energy at the rate of about 1,500 calories every 24 hours, the approximate minimum for maintaining the proper internal temperature, keeping the heart and breathing apparatus going and sustaining muscular tone.

In these conditions, the skin temperature remains the same all over the body, big toe included; it is about 92° Cent. When the room temperature drops to 75° Fah., however, the skin temperature is about 90° Cent. The body's heat production continues to lag; it cannot increase unless some form of exertion is taken, yet the body has to maintain the internal temperature at 98.6° Cent. and keep the vital organs going.

Since it is now losing heat too fast to maintain the vital functions and, simultaneously, keep all its parts warm, it begins—as does the householder with a thermostat for regulating room temperature—to take conservation measures. It cuts down considerably the supply of heating to arms and legs. The big toe, being farthest from the source of heat, comes off worst.

But the big toe of a hyperthyroid patient, or others with elevated metabolic rates, stays warmer than does

that of normal people, because *their* systems use up more calories, and their basic heat-production rate is higher than normal. Thus can be assessed pretty accurately the metabolic rate of a person by noting whether or no, in certain circumstances, the big toe is warm.

**PRINCESS MARY'S ROYAL AIR FORCE NURSING SERVICE.**

It has been decided to increase the rates of pay for certain members of the Princess Mary's Royal Air Force Nursing Service. The revised rates are shown below, and have effect from the dates indicated.

Sister.—New rates payable from October 1st, 1947.		FORMER RATES.	
	£		£
On appointment ...	150	Sister : on appointment	130
After 1 year ...	180	After 1 year ...	160
" 2 years ...	190	" 2 years ...	170
" 3 " ...	200	" 3 " ...	180
" 4 " ...	210	" 4 " ...	190
" 5 " ...	220	" 5 " ...	200
" 6 " ...	230	" 6 " ...	210
" 7 " ...	240	" 7 " ...	220
" 8 " ...	240	" 8 " ...	220
" 9 " ...	240	" 9 " ...	220
" 10 " ...	240	" 10 " ...	220
" 11 " ...	240	" 11 " ...	220
" 12 " ...	260	" 12 " ...	240
		" 17 " ...	260

Senior Sister.—New rates payable from April 1st, 1947.		Senior Sister :	
	£		£
On appointment ...	270	on appointment ...	250
After 1 year ...	280	After 1 year ...	260
" 2 years ...	290	" 2 years ...	270
" 3 " ...	300	" 3 " ...	280

Matron.—New rates payable from April 1st, 1947.		Matron : on appointment	
	£		£
On appointment ...	325	After 1 year ...	325
After 1 year ...	350	" 2 years ...	350
After 2 years ...	375	" 3 " ...	375
" 3 " ...	400	" 4 " ...	400
" 4 " ...	425	" 5 " ...	425
" 5 " ...	450	" 6 " ...	450

With effect from May 1st, 1948, sisters employed in pulmonary tuberculosis nursing at R.A.F. tuberculosis centres will be eligible for additional pay and service allowance as follows:—

- (a) Addition to pay by virtue of their employment. £10 a year.
- (b) Service allowance in respect of continuous nursing:—
  - (i) On completing two years' whole-time continuous nursing a lump sum of £40.
  - (ii) For each additional continuous year—a lump sum of £20.

Sisters, who on May 1st, 1948, were employed in the nursing of pulmonary tuberculosis patients and have completed two years' qualifying service will be eligible for the service allowance of £40. Sisters who at that date had not completed two years' qualifying service will be eligible for the allowance on completing two years' continuous service. Only service after May 1st, 1948, will be reckonable towards entitlement for the further additional service allowance of £20.

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