

### Annotations.

#### SUN AND LUNG BATHS.

Fresh air and clean water, and plenty of both, are now recognised as elixirs of life. The lungs need a thorough current of the one for cleansing purposes, just as much as the skin needs the daily tub. A water bath for the skin, and an air bath for the lungs every morning, and half the ills which flesh is heir to would disappear. People do not realise that the usual shallow breathing does not effectually expel the impure air, and they should for a certain time every day expand the lungs to their full capacity, and inhale fresh life-giving gases. We know an up-to-date mother who turns her sturdy young out on to the lawn on warm summer mornings, minus clothing, with the exception of a loose shift of white nun's veiling, to take a sun bath and lung bath in one. On mowing machine mornings these youngsters gambol amidst, and scatter to the four winds of Heaven, the fragrant fresh cut grass, and when dad, in his "nita-suta," joins in the fray, there are right royal revels, and they scamper in to breakfast glowing with health and happiness.

#### MORPHINOMANIACS.

The morphia habit is one which is unfortunately spreading in fashionable circles in Paris, and is not unknown in this country. There is no more pernicious or insidious evil, and it is one against which nurses, who, as a rule, have easy access to this drug, and who in the course of their duty learn to administer hypodermic injections, cannot be too closely on their guard. We should strongly advise one and all to make a rigid rule never to use on themselves the morphia needle, but to endure any amount of pain rather than to take this drug without express medical direction. The morphia habit is easily formed, and once it gains a footing there is none which establishes a greater hold over its victims, or which produces greater moral and physical deterioration. A French writer declares that "morphine atrophies the faculties of its devotees, deprives them of their free will, and is so pernicious that a woman under its influence loses all moral sense." It is time to point out the evils of the morphia habit when, a contemporary states, morphine is taking the place of absinthe as a fashionable stimulant, and goes on to tell how a Polish Princess in Paris, living in a splendid

mansion, not only used this drug herself, but taught her visitors to do the same, so that it was no uncommon thing on her reception days to find ladies of the highest rank stretched on the sofas and divans in her drawing-room like so many corpses, under the influence of morphine, so that the house became known as "La Morgue." It may occasionally be in the power of a nurse to help to free a patient who has fallen a victim to the morphia fiend from the bonds of its servitude. Such an occasion is one when we feel that life is worth living.

#### WASP WAISTED MEN.

Personal vanity is supposed to be the prerogative of women, but there is little doubt that this failing is rampant also amongst men. Its latest phase is the increasing adoption of corsets by men in smart society, and quite recently, when walking down Bond Street, behind a well preserved dandy we felt almost irresistibly impelled to restore his figure to its natural dimensions by the use of a pair of scissors. But it is not only in this country that men endeavour to obtain a smart appearance by compressing their waists. We well remember during the Græco-Turkish war that many of the wounded Greek soldiers left on the battle-fields were found to be so tightly braced by means of a broad leather belt that this had in some instances almost cut into the abdominal viscera. Amongst the Evzones the wearing of this belt was especially common, as in these fine regiments, which wore the picturesque fustenalla, it seemed impossible to attain the required degree of smartness without such an aid. All the same, we should much regret to see the wearing of corsets generally adopted by men.

#### PHYSIOLOGY AND PATHOLOGY OF INHERITANCE.

Dr. T. Oliver, summing up the subject as to what is inherited from our parents, says that from a physiological point of view there is considerable evidence to show that mental, not less than physical, qualities are transmitted; that pathologically such disease as hæmophilia is inherited; and that, where there is a family history of phthisis and cancer, there is, especially as regards phthisis a greater liability to the disease than where a family shows no such record. Tuberculous disease is inherited, but only in the form of an enfeebled resistance on the part of the tissues.

[previous page](#)

[next page](#)