

Annotations.

THE IDEAL MAN.

In this age of prosaic disillusion and materialism, President Roosevelt has done good service in drawing attention to the ideal, and placing before the American nation his conception of what a man, and presumably a woman also, should be.

"In the century which is opening," he says, "the play of infinitely far-reaching forces and the tendencies which make up our social system bid fair to be even fiercer in activity than in the century which has just closed. If during this century men of high moral sense show themselves weaklings, and possess only that cloistered virtue that shrinks from contact with the raw facts of actual life, then our great material progress will go for naught, and our civilisation will become a brutal sham and a mockery.

"If, as I believe, we are to advance in broad humanity, kindness, and a spirit of brotherhood it must be by breeding and training men who shall be both good and strong, both gentle and valiant, men who scorn wrongdoing, and at the same time have both the courage and strength to strive mightily for the right."

We can express for trained nurses no better wish than that they should develop on the lines indicated in this ideal.

THE DANGER OF SMALL DOSES OF ALCOHOL.

Owing to his researches in the domain of pathology Professor Sims Woodhead is able to speak with authority on the alcohol question, and his statement made before a medical meeting in Birmingham last week should be taken seriously. The Professor pointed out that, although it has long been known that alcohol was responsible for such pronounced conditions as delirium tremens and peripheral neuritis, it was only a matter of recent discovery that even very small quantities of alcohol have a great and disastrous effect on the delicate tissues of the body. He claimed that a fresh study of the whole question of alcoholic poisoning was needed, stating that persons who take alcohol even in moderation are suffering from the depression of such poisoning in a way they are little aware of. In his own experience he was learning to attribute more and more the obscure diseased conditions with which he came in contact to the action of alcohol. A

portion of the lecture dealt with the grave effects produced by comparatively small quantities of alcohol on the nerve cells and nerve processes, the lecturer stating that immediately after the doses of alcohol these changes were apparent microscopically. Nervous disease would be diminished in an extraordinary manner if alcohol could be banished from our midst. The lecturer also alluded to zymotic diseases, and he stated that it had been experimentally proved that the chances of escaping from such diseases as hydrophobia and diphtheria are lowered by the taking of alcohol. Moreover, the taking of alcohol constantly led to prolonged convalescence, even in those who recovered, and we should greatly lessen the enormous quantity of time wasted in our hospital wards if we could get rid of alcoholic drinks. He expressed his conviction that it was the duty of the medical men of this country to pull together and try more earnestly to prevent the manifold diseases and disasters which resulted from the taking of small doses of alcohol.

THE SMALL-POX EPIDEMIC.

Figures are proverbially supposed to be dull things, but those announced in the statement of accounts of the Finance Committee of the Metropolitan Asylums Board in connection with the recent small-pox epidemic in the metropolis are interesting as demonstrating the magnitude of the existence of this infectious disease in our midst, and, incidentally, the effective methods taken to cope with it—for the epidemic is now practically over. The estimated cost of providing small-pox accommodation and transport was £400,000; this has been exceeded by £91,159. Of this sum £300,000 has been raised on loan, to be repaid within ten years, and it is suggested that another £100,000 be now raised, to be repaid in a similar period, and that the balance of £91,159 should be defrayed out of current funds which have accumulated in consequence of the falling-off of small-pox cases. The fact that it has been necessary to expend nearly half-a-million pounds in fighting the epidemic must convey an idea of its magnitude.

LEMON-JUICE AND TYPHOID.

As the result of a series of experiments the Chicago Board of Health has endorsed the recent announcement of Dr. Ferguson, of London, that lemon-juice is deadly to the germs of typhoid fever. The use of lemon-juice on oysters is also recommended as a preventive of typhoid.

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