

"The importance of cleanly oral habits among children should be insisted upon. It is just as important to keep the mouth and teeth clean as to keep the hands and nails, because all the food we eat must come in contact with the teeth. Much of the air we breathe passes through the mouth, and if the entrance to the stomach and lungs be polluted with fragments of partially masticated food, broken-down and infected temporary teeth, tartar, and not infrequently several alveolar abscesses (gum-boils) discharging pus, all to be commingled with the imperfectly masticated food, how impure and poisonous it must be when it reaches the lungs!

"When the germs of fermentation and suppuration have been carried into the stomach, the absorption of the products of these undesirable agents by the mucous membrane of the mouth and alimentary canal will cause a systemic poisoning, and instead of the rosy-faced, vigorous, romping, hungry youngster, we get the dull-eyed, pasty-faced child, of irritable temper and capricious appetite.

"The facial contour is much affected by the care given to the temporary teeth, and it is often a question of fine judgment as to the proper time for the extraction of these organs. Nature has so arranged the normal development that the permanent tooth should appear soon after the loss of the temporary tooth, the root of which has become absorbed, and if the crown should be taken away too soon the space in the gum closes up and a scar is formed which is tough and unyielding, hence the permanent tooth is thrown out of line. However, if the temporary crown is not removed at the proper time, the permanent organ will still be pushed out of the arch line.

"The eruption of the permanent teeth should be watched, and the molars, which usually appear about the sixth year, receive more than careful attention, for the loss of these may change the entire face by a shortening of the jaws, causing crowding and overlapping of the teeth, and if the child has been particularly fond of sucking the thumb, or the pernicious 'husher,' we may expect a deformity of face the correction of which will cause the child and specialist much patient perseverance; and if not corrected will be a menace to the æsthetic comfort of the individual and friends for life."

Miss Jennie R. Mann, who is engaged in nursing in the City of Mexico, reports that there are openings there for trained nurses. Nursing is mostly done in the American and British colonies. Many American nurses are engaged there, but the demand is very great, and good nurses find plenty of work. We commend to those nurses who wish to know something of this interesting country Mrs. Alec Tweedie's book, "Mexico as I Saw It."

The Hospital World.

SOME NOTES ON NURSING IN A WESTMORELAND HOSPITAL.

There is only one general hospital in Westmoreland, and that is at Kendal. It is known either as Kendal Hospital, or, to give it its full title, Kendal Memorial Hospital, it being built as a memorial to the late Mrs. Cropper, of Ellergreen. As, however, there is no other general hospital in the county, and Kendal—though not the capital—being a rising and busy place, with many thriving industries, and the largest town in Westmoreland, it would, with advantage to its patients, its nurses, and its doctors, stand rebuilding on a completely new and enlarged scale, and might take its place as a county hospital.

Kendal is a most quaint survival of a town. It is riddled and honeycombed with narrow, uneven streets, whose houses are of great antiquity. Leading off from these surprising streets are unsavoury-looking "yards" (courts) and alleys, whose appearance promises lively doings for the police. Mercifully, however, their inhabitants, though rough-looking and gruff in manner, improve on acquaintance, and, on the whole, seem to be a law-abiding and—should a difference of opinion unfortunately happen to arise—a hard-headed people, perhaps by virtue of their descent from a long line of perpetually-embroiled Border ancestors.

The hospital stands high above the town on a shoulder of the hillside. You can reach it by three ways—up Beast Banks, a steep and dangerous route, "dangerous to cyclists" as usual hereabouts; by Gillingate, a wide and new road; and, lastly, by one of the narrow slum streets of hoary and evil exterior, where dwells a population greatly interested in our doings. This latter approach rejoices in the name of "Captain French's Lane," and it is a matter of speculation amongst us as to who Captain French was. Anyhow, when you have climbed his steep and rough lane you suddenly emerge on a wide, open plateau, and on your left is the front of the hospital, a building long and low, and with a faintly ecclesiastical savour by reason of its Gothic porch and high, arched Gothic windows. At its back stretch green fields far away down the valley towards Sedgwick. All around is some of the most beautiful country in England. You are only eight miles from Lake Windermere, with its mountains, beautiful in every season; all around you are the rugged upland pastures and farms, inhabited by stalwart statesmen (or yeomen), whose ancestors have for countless generations tilled the same broad acres of rich brown earth, probably under the ancestors of the Lord of the Manor into whose coffers their hard-earned guineas go at rent-day. One characteristic of the district is that the whole county is related. They all know each other, it seems to me; the hospital is quite a meeting-place

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