

fussed perpetually all day long. They had fads about everything; to begin with they wore Dr. Somebody's (I forget his name) clothes and boots, and remarkably ugly things they were too. The children wore nothing on their feet, which I thought very dangerous, but they said that the great thing was to get into close contact with Mother Earth. It may be a great thing, but it is to my mind a dirty thing. They also wore nothing on their heads, which I thought untidy to say the least of it. They were all vegetarians, and they ate a great quantity of nuts (as the monkeys do) they also took vast quantities of olive oil and much fruit. The latter was always well washed before it came on the table, which I think a very good idea if you can't grow your own fruit. Everything that was cooked was very well cooked, for instance a rice pudding required fourteen hours, and a spanish onion twenty-four hours cooking. Bread was well baked and then never appeared except as toast. The funny part of all this was that the doctor did the house-keeping, and he did nothing else. I was not surprised to hear that they found it difficult to get servants, especially cooks; and when, as often happened, they were without a cook, the doctor officiated in that capacity, and then the other maids gave notice, and small blame to them. The whole family did daily exercises with a developer machine thing.

And now I am back in my own island, where people eat the things they like best without bothering to know if they are germ proof, or guaranteed not to produce gout, rheumatism, or some other awful disease. Taking them on the whole, the islanders are a very healthy set of people, and they do not sit in the sun without their clothes, or skip with a rope; neither do they possess dumb-bells or those things you screw up on the wall, which, if you play with them regularly, promise you enormous muscles (which may be useful, but are certainly very ugly, in girls and women, at any rate). And when they drink hot water they have it decently flavoured. I have come to the conclusion that I am too old to pay visits, and will spend the rest of my days at home with decent folk who have no fads.

M. H.

The Passing Bell.

We regret to announce the death on the 17th inst., at St. Bartholomew's Hospital (Hope Ward), of Nurse D. Purser, Staff Probationer, from typhoid fever, followed by pneumonia.

The funeral service was held in the Church of St. Bartholomew's the Less, at 12.30, on Thursday, 20th inst.

Practical Points.

Satellites
of
Alcoholism.

Dr. Fernet, in *La Semaine Médicale*, claims that there is a large number of substances which produce intoxications that belong to the same order as that produced by alcohol, and these he has denominated the satellites of alcohol. Excitants of all sorts are included under this term, but the ones to which he particularly calls attention are the aromatic liqueurs, coffee, tea, and spicy condiments, the use, or rather the abuse, of which he considers a signal danger.

The Nurses' Journal of the Palatable Boiled Pacific Coast Water. Marsden Manson has sent to Dr. James W. Ward, president of the Board of Health, San Francisco, the following recipe for preparing boiled water so as to make it palatable:

"First—Mix the beaten white of one egg in two or three gallons of cold water, then bring to a brisk boil, allow to cool and settle. Decant or syphon off the clear water.

"Second—Dissolve in this one level teaspoonful of bicarbonate of soda; this is equivalent to 35 grains or 3.5 grams; then stir in two-thirds of a teaspoonful of pure hydrochloric acid; this is the equivalent to 3.9 grams. The water is then absolutely safe, sparkling, and refreshing, and entirely devoid of the flat taste of boiled and distilled water.

"The chemistry of this mode is simple. The albumen of the beaten egg is soluble in cold water, and is coagulated into an insoluble form by boiling, and carries down all suspended matter.

"The bicarbonate of soda is converted by hydrochloric acid into common salt, and the carbonic acid is set free in the water, both remaining in solution. The former is tasteless, and even beneficial in such small proportions, and the latter renders the water sparkling."

Iodine in the Vomiting of Pregnancy.

Dr. Arthur H. W. Ayling draws attention in the *British Medical Journal* to a very simple remedy for the vomiting of pregnancy and one which he has found very efficacious. He writes: "It is seldom a pregnant woman consults her medical attendant for this complaint; she takes it as a matter of course, and does not believe there is any remedy. For some years past I have given tr. iodi ℥j in an ounce of water, to be repeated every two hours until the sickness ceases. In one or two cases no second dose was required; in the words of one patient, 'it acted like magic.' As a rule, three or four doses suffice, and no special diet is needed. The treatment is so simple that it is worth trying in every case, and in all mine it has been most successful. I cannot find this form of treatment named in any textbook on midwifery."

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