

Honorary Nursing Sister to The Queen

THE "LONDON GAZETTE" announces the appointment of Air Commandant R. M. Whyte, R.R.C., Princess Mary's Royal Air Force Nursing Service, as Honorary Nursing Sister to the Queen from May 12th, 1952, in succession to Air Commandant Dame Helen Cargill, D.B.E., R.R.C., who has relinquished the appointment on retirement from the Royal Air Force.

Air Commandant Whyte succeeded Dame Helen Cargill as Matron-in-Chief of Princess Mary's Royal Air Force Nursing Service in March. She joined the Service in 1929, was in Palestine at the outbreak of the war and afterwards served at Habbaniya, in Iraq, until nearly the end of 1941, the remainder of her war service being in the United Kingdom. She was awarded the Royal Red Cross (2nd Class) in the King's Birthday Honours List in 1942 and the 1st Class in the New Year Honours List, 1949.

170 Nurses Poisoned by Salmonella Bacteria.

AT PRETORIA GENERAL HOSPITAL 170 native nurses and 35 patients have been poisoned by salmonella bacteria, found in remains of pudding analysed. The death of two children was suspected of being due to that cause.

Eleven days after they were stricken, 18 nurses were still ill, but not on the danger list.

(It is bacteria of the Salmonella group which render duck eggs so risky a food that the best medical opinion advises that they should never be eaten fried—or the whipped-up white used in cooking—but only after being boiled for several minutes.)

Letters to the Editor.

3, Charteris Road,
Woodford Green, Essex.
6th June, 1952.

The Editor,

BRITISH JOURNAL OF NURSING.

DEAR MADAM

May I again appeal through your valuable Journal to the generosity of your readers on behalf of the Princess Tsahai Hospital in Addis Ababa? They will be glad to know that the Hospital and School of Nursing were opened last year and are functioning efficiently under the directorship of Colonel W. Byam, O.B.E., the eminent authority on tropical diseases.

The Governors of Bedford College have most generously granted the Memorial Hospital Council the use of the lovely house and grounds, "The Holme," Bedford College, Regent's Park (entrance York Gate), for a Garden Party and Bazaar to be held on Tuesday, July 8th, from 3 to 9 p.m.

At this function the Council are desirous of raising a substantial sum to liquidate liabilities already incurred for the last of the goods exported to Ethiopia and installed in the Hospital there, as well as to provide additional facilities and comforts for the patients.

Donations will be gratefully acknowledged by the Honorary Treasurers, Lord Horder and Lord Amulree, c/o Messrs. Gould & Prideaux, 88, Bishopsgate, E.C.2. Gifts for the stalls, which will be very welcome, should be sent to the Honorary Secretary.

I have recently returned from Ethiopia and will gladly supply all desired information.

Yours, etc.,

E. SYLVIA PANKHURST,
Honorary Secretary.

Princess Tsahai Memorial Hospital Fund.

The Midwife

Estimate of Future Births.

347,000 Babies Expected in June and September Quarters.

THE QUARTERLY ESTIMATE OF THE numbers of live births to be expected in England and Wales as a whole during the six months April-September, 1952, was announced on Saturday, May 10th by the Registrar General.

The final estimate for the June quarter is 175,000 and the provisional estimate for the September quarter 172,000, giving an estimated total of 347,000 babies in the six months.

There were 180,958 live births registered in the June quarter, 1951, and 168,028 in the September quarter of that year—a total of 348,986.

Last week (week ended 3rd May) there were 8,070 live births registered in the 160 Great Towns of England and Wales compared with 8,091 in the previous week. This brings the total in those towns from the beginning of the year to 140,493 compared with an estimated 145,222 in the same period a year ago.

The Menopause and its Problems

By A. E. Hopkins.

THE DECLINE OF A woman's sexual activity sometimes known as the climacteric, critical age or menopause, or in common terms, the change of life, should be a normal event, but upon the care taken during this period depends the whole of her happiness for the latter period of her life.

Providing a reasonably healthy life has been lived up to this critical change period, no exceptionally disturbing features should present themselves, but in our so-called civilisation normal life is more of an exception than the rule, and therefore disturbances, both physical and nervous, are commoner than they should be.

In order that the often upsetting symptoms at this time should not be unduly worrying, a brief survey of what may occur may possibly be helpful.

Because of unwise management chronic invalidism, misery and mental ill-health were all too frequent in the olden days, but with a greater knowledge of this physiological change in a woman's life, and a greater understanding and tolerance, a woman need never fear the outcome, which means, in the majority of cases, nothing more or less than a period of two or three years of disturbed health, accompanied by unpleasant sensations. In fact reasonable care is rewarded by the prospect of many years of sound health and enjoyment of life.

Far too often many women are apt to seek relief from disturbing symptoms by dosing themselves with advertised specifics, but it cannot be too strongly emphasised that this is an unwise and often a dangerous practice. There is no doubt that doctors, and nurses wise and skilful in their respective professions, have at their command a number of helpful medicines, which can be used to advantage in accordance with the symptomatic indications, which they, and they only, are qualified by knowledge and experience to prescribe.

The change of life is a condition indicated by the cessation of the ovarian functions, which has many repercussions on the nervous and physical makeup of the feminine structure.

Ovarian secretions poured into the blood stream determine the development of the distinctive attributes such as the breasts, voice and the normal feminine outlook on life, and on their cessation these qualities and developments have to readjust themselves, into a physical and mental framework devoid of ovarian hormonal stimulation.

It is usual, in a temperate climate, for the menopause to occur between the ages of 40 and 50 years, and generally speaking the age of 45, on an average, sees the commence-

[previous page](#)

[next page](#)