

National Health Society.

Our Foreign Letter.

PRESIDENT—HIS GRACE THE DUKE OF WESTMINSTER.

The National Health Society, which has now been in existence more than twenty years, has laboured systematically, and to a large extent successfully, in spite of the colossal difficulties presented by prejudice and indifference, to spread abroad amongst all classes practical knowledge on Hygiene, Sanitation, Sick Nursing, and Ambulance.

The Society organizes:—(1.) Special Courses of training for ladies wishing to enter as teachers under the County Council Technical Education Scheme, or as Sanitary Inspectors under the Factory and Public Health Act for the proper inspection of places where women are employed. (2.) Courses of lectures in private houses, as well as in the Lecture Room of the Society, on all subjects connected with the laws of health. (3.) It sends out a thoroughly-trained and competent staff of teachers to give "Homely Talks," or simple lectures on the above subjects, either for County Councils, or at Working Men's Clubs, Schools, Public Institutions, Barracks, Mothers' Meetings, Girls' Friendly Societies and Guilds, etc. (4.) Gratuitous teaching in very poor districts is another great feature of the Society's work.

The literature of the N.H.S. includes a series of cheap pamphlets on Sanitary and Hygienic subjects, Cookery and Household Management, besides many more important publications. The staff of lecturers consists of (a.) about twenty well-known medical men, and (b.) fifty ladies, who have followed the course of training required, and have been successful in obtaining the Society's diploma.

Members of the Society have free admittance to all lectures given under its auspices, the free use of its diagrams, and a copy of all its publications. Membership is constituted by the payment of £1 1s. annually; Life Membership by a donation of £10 10s.

This Society will be represented at the approaching Conference for Women Workers at Leeds, by Miss Deane, who, as we announced last week, is one of the two ladies elected to a sanitary inspectorship by the Vestry of St. Mary Abbotts.

The lectures on Ambulance at Mrs. Jopling Rowe's studio, now in course of progression, are well attended, the audience numbering about seventy.

At the close of each lecture, Miss Squire gives a "Homely Talk" on health to working women. These lectures are unavoidably postponed until November 7th.

By the kind permission of Her Grace the Duchess of Bedford, a series of six lectures on "Sick Nursing," by Sister Katherine, will be given at 15, Belgrave Square, commencing November 15th, at 4 p.m.

Mr. Owen Lankester is also lecturing on "First Aid to the Injured and Sick" for the Post Office Employees, at 13a, Tore Street. The first lecture of this Course took place on Friday, October 27th. They will be continued on the five Fridays following this date.

THE GREEK HOSPITAL, ALEXANDRIA.

MADAM,—It may interest the readers of the NURSING RECORD, and especially my fellow-members of the R.B.N.A., to hear of Nursing work in a foreign country, and to know of the welfare of an absent but loyal member.

The Greek Hospital at Alexandria, where I am now working, is of a somewhat curious shape to English eyes, just like a capital H, and surrounded by trees and a very pretty garden, in which the roses bloom all the year round. I have been told that there has been a Greek Hospital in Alexandria for many years, but the present one was only built about 16 years ago, and was, at first, a very small one; ten years ago the second half was added, and later on, at the bottom of the garden, rooms were provided for infectious cases, small-pox, erysipelas, &c.; so, at the present time, altogether, we have about 200 beds, but seldom take non-paying patients. If the patients are unable to pay the three francs a day for a bed in the ward, either the Greek or Italian community do so for them. We have five wards, three for men and two for women, and I will give a description of mine, which is male surgical, and in which, I need hardly say, I take great pride. It is very large and lofty, with a stone floor and grey walls; upon the latter, no pictures are allowed to be hung, as our head doctor does not care for any unnecessary decorations likely to harbour dust. But I think that visitors must be struck with the exquisite cleanliness, as once a week these walls are washed down with sublimate 1 in 1,000. We have 18 beds, and each patient has a spring bed and mattress with a railing round the top to hang that most necessary addition, the mosquito netting. I am sure that those who have not experienced the attention these insects pay (especially to the English), cannot realize the misery their bites cause. Our lockers are like small tables with marble tops, and a ledge underneath for the clothes, provided for the patients during their stay in the Hospital, and a chair for each bed by the side of it. In the centre of the ward is a large marble slab, upon which is kept the poison cupboard, lotions, and also a small cupboard in which we hang the ward instruments; all round the slab are cupboards where splints, glasses, basins, &c. are put. In front of the large window at the bottom of the ward, and also in front of the slab, are stands for plants; these the gardener constantly changes, so they are always in a state of perfection; and the beautiful palms and ferns add much to the appearance of the ward. There are private rooms for first and second class patients, and these are situated in the corridor, also the kitchen, bath room, lavatories, and a nice little balcony, upon which, in the summer, convalescents have their meals. The corridors are very beautiful, the floors and walls are of marble, and here also we have stands with plants. The private rooms contain two beds, a divan, table and locker for second class patients, and the first class have only one bed, and a little more furniture than the former. I have three Arab servants; one does the rough work, and brings the patients' meals up from the kitchen every day. The floor of the ward and

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