

## RURAL SANITATION AS PART OF POPULAR TEACHING.

He then spoke of the views of Miss Florence Nightingale as to the need for instruction to cottagers and members of Parish Councils respecting the best methods of safely disposing of refuse matters—liquid and solid—so as to prevent the immediate surroundings and vicinity of country dwellings becoming unhealthy. Dr. Poore had partly dealt with this subject in his most interesting and valuable book on "Rural Hygiene." He, the speaker, believed the subject to be one of vital importance to dwellers in the country. It was constantly before him in connection with river pollution, which had from the first, engaged the attention of the Surrey County Council, whose responsible adviser and official he was.

The remedy always suggested for a state of things almost invariably found in the country was the establishment of drainage or sewerage schemes. But although everyone was agreed at the present day as to the necessity for such provision in towns, it by no means followed that sewerage systems were equally advantageous in sparsely populated rural districts. At any rate, the circumstances of the closely built town, and the village or parish consisting of clusters of houses situated widely apart, were so obviously different, that it should be seriously considered whether they did not call for essentially different treatment. It was for that reason that he would urge on the Society the desirability of extending the sphere of their teaching so as to include all matters pertaining to rural sanitation.

## VILLAGE NURSES.

He came now to the brief consideration of a rather delicate topic—delicate because of the many and complicated considerations involved. He understood from conversation with Mr. Macan that among the supporters of technical education were some who thought it practicable to make the nursing of the sick and of women in childbirth part of the system of technical education carried on under the auspices of the Society. As he had no connection with medical practice, he might speak more freely than others on this matter. He felt it right to remind them that Nursing was an art not to be acquired without a long, special and systematic training. The difference between the art of the Nurse and the profession of the doctor was, of course, essential, and needed not to be insisted on for a moment. But there was this in common, they both required a long course of special training. There were at the present day some lady members of the medical profession and he hoped there would be many more. They would be the first to understand the difference between the person who had merely succeeded in acquiring a considerable amount of technical knowledge or skill and the Trained Nurse who by discipline or associations had in addition learnt to understand the ethics (if he might so use the word) of her business. Cleanliness and tidiness, personified as they were by the Nurse, were naturally objects of aspiration among the members of the Society, but, if he rightly understood the views of some, the considerations he had named were, he thought, not out of place on the present occasion, and was intended as a word of caution on a subject of great practical importance.

Battle Creek Sanitarium,  
MICHIGAN, U.S.A.

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Among the therapeutic novelties of the Sanitarium may be mentioned the electric-light bath. It has been shown that plants grow under the influence of the electric light as under the influence of sunlight, seeds germinate and various vital processes are carried on through the electric light, in almost the same way as is effected through the action of the sun's rays. It has also been found that the heat from the incandescent electric light penetrates a long distance into the body. Theoretically it is supposed that the effect on the system of the electric-light bath will be almost equal to the action of the sun's rays. At present the treatment is regarded as experimental.

Massage plays a very important part in the treatment at Battle Creek. The system of massage combines the most valuable features of the French, German, English and Swedish methods. The "Swedish movement" department is unique, and it contains a large number of effective machines which have been invented and specially made for use in this Institution, and the "movements" are adapted to the individual and as carefully prescribed to suit each case as is the diet and the medicine.

Very great attention is paid to dietetics; the "experimental kitchen" constantly supplying new features for the bill of fare.

In difficult cases of long standing stomach troubles, the patient is allowed to take a "test breakfast"; by the subcutaneous injection of apomorphine, the contents of the stomach are obtained some forty minutes later, and the vomited matter resulting, is subjected to an elaborate chemical examination, and thus a scientific diet prescription is easily arrived at. Three classes of tables are maintained in the dining-room:—

The *general table* which provides plenty of good wholesome food, delicately and simply prepared in accordance with rational dietetics and absolutely excluding all unwholesome compounds.

M E N U.		Sanitarium.
D I N N E R.		
	<i>Soups.</i>	Cream Rice.
Tomato and Vermicelli.	<i>Meats.</i>	Beefsteak.
Roast Beef.	<i>Vegetables.</i>	Mashed Turnip.
Baked Potato.	Mashed Potato.	Baked Beans.
Baked Sweet Potato.	<i>Beverages.</i>	Milk.
Caramel Coffee.	<i>Breads.</i>	Patent Flour Bread.
Graham Bread.	Buns.	Graham Crackers.
Plain Oatmeal Crackers.	Toasted Whole-Wheat Wafers.	Patent Flour Crackers.
Granola.	Oatmeal Biscuit.	Wheatena.
Cream Toast.	Zwiebach.	Dyspeptic Wafers.
Graham Grits.	<i>Grains.</i>	Rolled Wheat.
	<i>Sauces.</i>	Prune.
Blackberry.	Stewed Apple.	
	<i>Dessert.</i>	Farina Custard.
Apple Rose Cream.		

The *order table* at which patients who have diet prescriptions find the food upon the bills of fare conveniently classified with reference to their prescriptions, and numbered so as to facilitate selection of food suitable to each individual case. The bill of fare for this table includes a long list of daintily

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