

pressure, inasmuch as the force of the jet would not do damage to the bony material. The new method is undoubtedly capable of being employed in some operations with much advantage, and it will probably take its place as one of the most powerful styptic agents in appropriate cases.

THE MENTAL ELEMENT IN DISEASE.

It is a fact which is too often overlooked that the course of many diseases is largely under the influence of the nervous system of the patient, and that therefore the mental element is sometimes most important. It is not too much to say that in many cases the relief which is afforded to the mind of the patient by the confidence which he reposes in his medical adviser, goes far to accentuate the benefits obtainable from his medicinal treatment. And in the case of Nurses this effect is not only more continuous, but it is consequently greater. If a Nurse is cheerful and kindly, and can so gain her patients' trust, that they will feel convinced that under such care they will recover, the belief will very often make all the difference in a critical case: and by the mental contentment reacting on the bodily condition, life may thus actually be saved. This which is true perhaps, as a general rule, is especially the case in the acute diseases of young adults—people who have good vitality and in whom, very often, the balance swings easily, and is easily raised and easily depressed. The Nurse's attitude towards such a patient, and her firmly expressed confidence in his recovery, may perhaps be the determining factor in securing that result.

BICYCLE RIDING.

It is only some six years ago, since the leading comic journal stated that the one thing for which women envied men was their power of riding bicycles. That solitary source of envy has long since disappeared, because modern improvements in the machine, and the introduction of gearing apparatus, combined with the lowering of the wheel, have made it possible for any woman of ordinary activity to bicycle with ease and comfort. The use of the machine as a means of healthy exercise has now been universally accepted, and there is a general belief amongst medical men that with certain exceptions, the exercise is equally valuable for both sexes. Those who suffer from advanced diseases of the heart or arteries, or from marked pelvic inflammatory disorders, should not employ the bicycle, but the general muscular activity which it requires and which is increased by its use is, especially in the case of town dwellers who live sedentary lives, a means of exercise for women which is commendable alike for its comfort and its economy.

Reflections

FROM A BOARD ROOM MIRROR.



THE opening of the new ward at the Chelsea Hospital for Women, by the Duchess of Teck, passed off admirably. The addition of these new four beds will bring the accommodating power of the Hospital to 60 beds. The Duchess visited all the wards at present occupied, and presented every patient with a charming bunch of flowers which she had brought from the gardens of White Lodge. After turning the key, a brass plate was affixed to the new ward announcing it to be "The Mary Adelaide Ward." Sir Algernon Borthwick, on behalf of the Committee, presented the Duchess with a pretty golden slipper—the badge of the Hospital—filled with Lady Slipper orchids.

The new block of the Great Ormond Street Hospital for Children is now furnished and opened for the treatment of diphtheria, measles and scarlet fever. One of the greatest difficulties in the past of this Hospital was the question of dealing with the cases of infectious disease which arose in the course of other illnesses. The whole of this splendid block has been erected and furnished by Miss Anna Cohen and Miss Lucy Cohen in memory of their niece the Countess of Rosebery. The ground floor ward is named the "Hannah," while that on the third floor is called the "Rosebery," and is given up entirely to scarlet fever cases. Outside cases of diphtheria are admitted, but only such cases of measles and scarlet fever as may arise in the Hospital itself are treated.

A further gift of £1,000 has been received for the Consumptive Hospitals for Scotland.

The National Society for the Prevention of Cruelty to Children has been granted a Royal Charter of Incorporation. Amongst similar Institutions the Society is alone in this privilege.

Earl Spencer, who is Lord of the Manor of Battersea, is to preside at a meeting on June 15th, at the local Town Hall, for the consideration of the best means by which a free Accident Hospital can be established for the crowded districts of Battersea and Wandsworth. Mr. John Burns, M.P., will be one of the speakers.

Two Reports just issued by Superintendents of Asylums give interesting evidence respecting the use of alcohol in insanity. Mr. Shaw, the Superintendent of Banstead Asylum, says: "It is worth noticing that the high rate of recovery in this Asylum has been coincident with the abolition of beer as an article of diet; and the patients have taken their food better since the beer was stopped."

At Stone Asylum Dr. White reports on the great advantages obtained by the abolition of beer and the substitution of milk and lemonade.

University College Hospital has decided not to hold its usual festival dinner this year, and the committee are asking that the usual supporters of the festival will send donations and subscriptions to the Hospital itself. The finances of the Hospital are sadly in need of help. At the beginning of the year there was unfortunately a debt of about £12,000, and unless some substantial aid is forthcoming it will be very difficult to carry on the extensive work of the charity. During the past year 3,035 in-patients have been treated and 43,767 patients and casualties have been attended to in the out-patient department.

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