

able, and for such, therefore, open sea-bathing can seldom be advised. The first result of the bath should be a sensation of tingling warmth throughout the body and a feeling of general comfort and well-being; so it may be accepted, as a general rule, that persons who feel chilled and shivering and whose lips and fingers become bluish and cold after a bath, are deriving harm, rather than benefit, from the proceeding. For these latter, the use of a tepid bath of sea water at home, often yields valuable results, but they should certainly not be permitted to continue to bathe in the open-air—their want of “reaction” to the cold water proving that their nervous system is depressed rather than benefited thereby. Presuming, however, that the bath is beneficial, its advantages can be increased or diminished by the method in which it is taken, and it is therefore advisable to remember that the greatest efficacy is derived by bathing an hour or so after a meal, when the circulation therefore is usually most active. Those who indulge in an open-air bath when fasting must be either very strong, or well accustomed to the exercise, to derive any benefit from it. The advantage of bathing on a warm day and in sunlight is naturally greater than when the surface of the skin is chilled by cold air or abnormally cold water. Another precaution is one which deserves to be carefully remembered. Even for the strongest and most healthy, it is necessary that the bath should be strictly limited in its duration. On the warmest day, the temperature of the sea is cold enough to chill the surface of the body very materially and speedily, and the longer this chilling process is continued the slower will be the reaction, and the less therefore will be the tonic benefit of the bath. No hard and fast rule can be laid down on this matter, except that no one should remain in the water until he begins to feel chilled; yet there are certainly many who derive benefit from a short immersion who are injured by prolonged bathing. It is an important fact to remember that, in summer at any rate, the temperature of the sea is less chilling to the bather than that of the air, and he will therefore be warmer if he remains immersed up to his neck than if he is cooled by the evaporation from the bathing dress or the skin, which must ensue if the body is at all elevated from the surface of the water. This explains the fact that some persons are able to swim for a long period without becoming chilled, whereas those who are unable to indulge in this exercise, and who therefore content themselves with aimlessly jumping up and down in shallow water, speedily become cold. Finally, it is a good and useful precaution to take a brisk walk after a sea-bath, so as to thoroughly restore the warmth of the body.

## Our Medical Contemporaries.

IN last week's *British Medical Journal* we find the following excellent account of “The Shazada's Physician”:

“Among the most interesting members of the Shazada's suite is Miss Hamilton, M.D., the personal physician of the Ameer of Afghanistan and his Sultana, and physician to the Royal Court. Dr. Hamilton was sent in personal attendance on the Shazada by the Ameer, under strict injunction to accompany him everywhere and to advise him upon health questions, with the pledge to return with him to Cabul. During the whole of the Shazada's stay in London she has forwarded weekly reports to the Ameer, and intends to fulfil her pledge of returning with him, taking with her a trained nurse. The Ameer and his Queen have written repeated letters to Miss Hamilton while in London, addressing her always as ‘My sincere friend and well-wisher, Miss Hamilton, our personal Doctress.’ Miss Hamilton, whose career has been, in many respects, an interesting one, is a fully qualified British physician. She was in the first instance trained for three years as a nurse in the Liverpool Workhouse Infirmary. She joined the London School of Medicine for Women in 1886, where she studied for four years. In 1890 she qualified in Glasgow, taking the triple qualification of Glasgow and Edinburgh, and in the autumn of the same year she went to Brussels, and passed the M.D. there with distinction. Thence she went direct to Calcutta, and established herself in private practice with great success. She is, we believe, the only Englishwoman who has succeeded in medical practice in India without having a Government appointment or being backed by a society. During her stay in London Miss Hamilton was commanded to Windsor, and graciously received in special audience by the Queen. The Secretary of State for India has, through Sir Stewart Bayley, written a very kind letter to Miss Hamilton, expressing the desire of the Government that everything should be done for her convenience and comfort. Miss Hamilton has favoured us, at our request, with the following brief account of the circumstances under which she went to Cabul, of her residence there, and her present mission:

During the very hot weather in Calcutta I suffered constantly from fever, which did not leave me during the cold weather, and in the spring of 1894 I was ordered either to go home or up to the hills. I chose the latter chiefly because I heard that the Ameer of Afghanistan wished an English lady to go up to Cabul for the summer, to show the ladies of his Court how English ladies employed and amused themselves. The Ameer has suffered from gout for many years, and had a slight attack in May. In August he first sent for me to attend him, and I remained in the Barbar Garden, living in a tent for two months and a-half, and was not even allowed to go outside the walls without his permission. I may say that I nursed as well as doctored him, as there was no nurse of any sort in Cabul, and the ladies are not allowed in the Ameer's own palace, except on special occasions, when all the male attendants are dismissed; for three weeks, when he was so very seriously ill, I hardly ever left his room, and did not have more than two hours' sleep at a time. About Christmas-time I again had to live just outside the palace, as His Highness was not as well as he had been in the latter part of October and November. I was six weeks there at that time. I have at all times met with the greatest kindness and consideration from the Ameer himself; any discomforts I had arose from the very marked difference between Eastern and Western modes of living. I was at all times allowed to enter the palace unannounced, a privilege not always granted to the governor of the city or his own private secretary. I was very much surprised when His Highness ordered me to come to this country with his son, but his anxiety at the time of our departure was very great. He felt that Prince Nasrullah Khan was coming to unknown regions, where diseases unknown to his own native

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