

she was working, was never asked anything about her, if she had been, she would certainly have not recommended her for such a post.

I am, Madam,
Yours faithfully,
A MATRON.
MALARIA.

To the Editor of "The Nursing Record."

DEAR MADAM,—May I be allowed to say that, having lived for some time in a malarial country, I do not think it possible to keep free from malaria, even when exercising the greatest precautions. For myself, I can only say that far from not sleeping on the bare ground, which I should have considered madness, I always slept on the first floor of the house, so as to be well above the ground. I always wore merino and silk underclothing, I never drank any water which was not both boiled and filtered. I took all the precautions I could against mosquito bites, and always slept under a mosquito net, but nevertheless, I had a bad attack of malaria, lasting for the best part of three months. I certainly did not take quinine every day, and perhaps you will consider this the crux of the whole matter, but in malarial countries I find that the expediency of this custom is considered a very debatable point, and I think that most people who have lived in the tropics are of opinion that it is unwise to take quinine habitually, that its effects upon the nervous system are very injurious, and further, that it is ineffective when really wanted if it is systematically taken. One of the latest theories about quinine is, I believe, that it is responsible for much of the hæmoglobinuric fever, certainly the most fatal form of malaria, and, above all things to be dreaded. I am rather inclined to think from personal observation of people who were in the habit of taking quinine, that there is much truth in this theory. The people who take fewest drugs do best I think. With regard to mosquitoes, though, for the sake of one's personal comfort, setting aside other considerations, one does one's best to avoid them, it is, I think, impossible to do so entirely. One sleeps under a mosquito net, of course, but mosquitoes abound after dark, and it is dark always in the tropics by 6.30 p.m. They are lighter than the proverbial feather, and one has no idea that one is being attacked by them until the irritation of their poison makes one observe the tiny puncture. They bite through quite thick stockings too, and, by the way, for this reason white stockings should always be worn, as ulcers are very liable to follow upon mosquito bites, and blood poisoning may be caused by wearing coloured stockings. I fully believe that mosquitoes are responsible for much malaria, though not all of it. It is, I think, earth-borne, air-borne and water-borne, and further, once the germs of malaria are introduced into the system, they remain there for long periods, and any slight cause, such as a chill, over-exertion, or worry, will bring on an attack of malarial fever. In proof of this, may be instanced the fact that persons, who have once had malaria, suffer from it, sometimes years even after they have left malarious districts. The only possible reason for this must be that they carry about with them the germs of malaria, and are liable, consequently, to an acute attack. When I say malaria is earth-borne, I mean that the germs are contained in the soil. For instance, if one is living near ground which is turned up for building operations, one is almost certain to have an attack of malaria. The most effective, and the routine treatment for an attack of malarial fever, appears to be to give ten

or fifteen grains of salicylate of soda every four hours until the temperature comes down, and then to give ten grains of quinine two or three times a day for some days, and gradually decrease the dose. Salicylate and quinine cannot, of course, be given in the same mixture as they are incompatible. It seems to me that the best safeguard against malaria, is to take care of the general health, and never, if possible, to get below par.

Yours truly,
MALARIA.

"FLASHED ALL THEIR SABRES BARE."

To the Editor of "The Nursing Record."

DEAR MADAM,—No subject discussed in the RECORD has been really more interesting than the correspondence about the priestly ghost, who appeared in a photograph, although not discernable to the human eye. The following true experience of a friend may, therefore, be of interest. On Friday, the 2nd of September, this lady, whilst staying in a house in the country, where the daily papers are not delivered until afternoon, tells me that she experienced what she describes as "fleeting mental visions" of the recent battle in the Soudan; and, although, no news had been received from the front for several days, about 11 a.m. on the 2nd she remarked, "The battle of Khartoum is now raging." Curiously the refrain "flashed all their sabres bare," "flashed all their sabres bare," re-echoed through her brain, during these fleeting visions, in which she received clear impressions of suffused golden light, silver flashes of metal; and as she describes it "a black roar of sound." It was not until the following Monday that she could obtain a newspaper giving the news of the battle of Omdurman, and it was with extraordinary interest that she read that it had been fought on the 2nd, and of the deadly charge of the 21st Lancers, and the hand-to-hand fighting with steel (the silver flashes) by which this regiment won its martial spurs. Beyond an intense sense of patriotism, and a keen interest in affairs, this lady has no personal interest in the Soudan Campaign. There is, of course, a scientific solution to such phenomena; only, at present, we do not possess the key to it.

Yours truly,
A SCOTCHWOMAN.

A QUESTION.

To the Editor of "The Nursing Record."

DEAR MADAM,—Will you kindly tell me whether you would consider it advisable to accept the post of Matron of a Foreign Hospital, which has been offered to me. I at present hold a similar position at home. I feel I should like to accept this offer, as it would give me an opportunity of seeing something more of the world, one feels somewhat cramped up when one remains, year after year, in the same position. I am not quite sure, however, how my future would be affected by my going abroad. Supposing that I found I was unable to live in a tropical climate, should I find it easy to get work when I came home again? I hold the certificate of one of the largest training schools, and have always held very good positions since completing my training.

Yours faithfully,
MATRON.

[We regret to say that, interest is now so important, that it would probably depend upon such influence, whether you obtained a post or no.—ED.]

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