

not qualify a woman to act as a maternity nurse, then those interested in nursing education must bend their minds to the problem of providing experience of maternity nursing, either during the three years' curriculum, or as a post graduate course, and subsequently of affording a guarantee of the knowledge thus acquired.

Annotations.

A PATHETIC MALADY.

It is reported from Russia that the young Czarina has fallen into a deep melancholy, and is suffering from a nervous breakdown which it is hoped the climate of the Southern Crimea will help to dissipate.

How cruel was the fate which decreed that this highly intellectual and liberal-minded woman should be the Consort of the most helpless Autocrat of all the Russias!

One can imagine how, looking northward towards the desolate steppes—beyond which the bones lie bleaching of a million human beings, who have died broken-hearted for just the cause the great Empress holds most dear—liberty of conscience—her own tender heart must be overcharged with grief, and her spirit weary with its hopeless struggle against black tyranny. A fateful face—one realises at the sight of her portrait—tragedy is written large in every curve and expression of it.

THE VALUE OF TOTAL ABSTINENCE.

The November number of the *Practitioner* is devoted to a consideration from all points of view of the use and abuse of alcohol. Men of the highest eminence in the medical world have been asked to state the conclusions to which their experience has led them.

Dr. J. J. Ridge sets forth the disastrous effects of drink from a sociological standpoint, and states that careful and experienced investigators have calculated that at least three-fourths of our pauperism is due to it. To what an extent alcohol leads to vice, in the specific sense of the word, is a matter of common knowledge. As to its effects on the health of the individual drinker, Dr. Ridge says it has been estimated that the deaths caused by drink amount to between 40,000 and 60,000 per annum, while those indirectly due to the same cause amount to as much more. The amount of disease for which drink is responsible is beyond calculation.

Such authorities as Sir Samuel Wilks, Sir Henry Thompson, Professor Woodhead, and

Dr. James Edmunds treat of alcohol as a beverage, founded in each case on their personal experience.

Their testimony is naturally of peculiar interest, and it is interesting to see what they have to say.

Sir Samuel Wilks states that he was practically a teetotaler throughout his working life.

Sir Henry Thompson, after total abstinence from alcohol for six months, found that he had got rid of severe hemicrania and rheumatism, to which he had previously been subject.

Professor Sims Woodhead believes that total abstinence enabled him, as a student, at the same time to win laurels in the athletic field and prizes in the class-room.

Dr. Edmunds, for the last forty years, has taken no alcohol at all, and is convinced that, in regard to his own health and the efficiency of his work, he has gained everything for himself, and has lost nothing by his disuse of alcohol.

RESTAURANT KITCHENS.

A "work place" has fortunately been held by the Secretary of State to include the kitchens of restaurants.

And none too soon, to judge from the report presented by the Medical Officer of Health of the City of London, who was advised by the London County Council to inspect these places.

Defective ventilation, dirty lavatories opening into kitchens, and sometimes no sanitary accommodation at all, are among the defects noted in the report.

Dr. Collingridge in his report gives statistics of 279 restaurant kitchens, 211 of which are underground. As many as 553 men and 3,041 women work in these places. The chief defects mentioned are insufficient ventilation in forty-one cases, defective sanitary accommodation in seventy-eight, and dirty walls and ceilings in thirty.

Similar inspections have been made within the boundaries of the City of Westminster in the case of 320 restaurants.

In Kensington, Dr. Dudfield reports 111 restaurants inspected, and points out that the kitchens of workmen's dining-rooms and coffee-houses were, as a rule, found to be cleaner and generally better kept than those of the higher-class restaurants. Out of the 111 kitchens, forty-three were underground.

In Holborn, Finsbury, and other boroughs restaurant inspection has also been carried out with salutary effect.

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