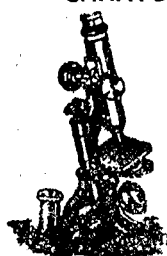


Medical Matters.

SANATORIA FOR CONSUMPTIVES.



Mr. J. Leslie Callaghan suggests in the press that some of the almost uninhabited islands dotted round the coast should be utilised for the treatment and isolation of consumption. There is, for instance, a little island, seven miles west of the Hebrides, called the Island of Monach, which has an ideal climate for certain forms of tuberculosis, the winters being warmer and the summers cooler than the coast climates of the south of England. Sanatoria in such places, surrounded on all sides by invigorating, health-restoring, and bacilli-killing sea breezes, with properly constructed shelters to break the force of strong sea winds, would, he asserts, give a grand chance of cure to the patients, especially to young and early cases, and would prevent the spread of the disease in our cities and mainland.

THE FEEDING OF THE SOLDIER ON ACTIVE SERVICE.

An instructive paper was read at the annual meeting of the British Medical Association, by Surgeon-Lieutenant-Colonel G. S. Robinson, on the "Feeding of the Soldiers on Active Service." Colonel Robinson pointed out that the soldier who was well fed was not only in better bodily health and better able to resist disease, but he was more cheerful in difficulties, and therefore more equal to any strain he might be called upon to endure. That opinion, of course, applied more to the British soldier, accustomed to his solid midday meal, than to the Continental soldier. In regard to drinking water, the first thing to be done was to let the soldier realise that the constant drinking of tepid and dirty water was not only injurious, but failed to relieve thirst. He also maintained that a man was not a fully-trained soldier if he could not turn out something tasty in the way of a supper. In the early part of the South African War numbers of men on outpost duty were, he said, half starved by not knowing how to cook their ration of meat and flour. The time for serving meals was important; on active service with a field hospital it was his custom to direct the men to have tea immediately on arrival in camp; that took a short time to prepare, and owing to its stimulating effects the men were speedily rested, and after performing their duties were ready for

dinner, which had meanwhile been got ready by the cooks. Breakfast was important, because no good work could be got out of men until they had had breakfast.

The subject is a most important one, and the Japanese have shown their skill in soldiering, not least by the attention they have paid to the efficient feeding of the troops on active service.

POSSIBLE POISON AND DISEASE IN EGGS.

A French experimenter has, says the *Literary Digest*, just shown that matter in liquid form may easily be introduced into eggs from outside, owing to the porousness of the shell. He says:—

"Certain persons who are afraid of being poisoned either by chemical substances or by microbes, live entirely on hens' eggs, and think that they are thus protected from danger. This consolation must now be taken from them. Housekeepers have long known that egg-shells have a much greater permeability than would have been thought possible. In old eggs a part of the enclosed liquid has evaporated, and is replaced with air that passes through the shell, giving, by its presence, incontestable proof of the advanced age of the egg. Eggs left in wet straw acquire the taste of this straw, and careful persons who coat eggs with collodion to preserve them indefinitely from the influences of the air are often condemned to eat omelets flavoured with ether, which has passed through the shell. It is right that science should take cognisance of these phenomena, and M. L. Camus has undertaken the task. His results, in brief, are as follows:—

"In the first place, he has shown that the weight of eggs varies while they are being boiled. When first taken from the water the egg has lost weight by the evaporation of interior gases; but if it is allowed to cool in water, it increases sensibly in weight, by absorption which may be made evident by colouring the water with methylene blue. . . . This absorption is extremely small when a raw egg is allowed to stand in cold water. Thus has been proved by laboratory investigation what our housekeepers have long regarded as a certainty. If water can penetrate thus into the egg after boiling, it may be seen that there may be drawn in also any toxic substance that one may wish, and also certain bacilli, if the water is charged with them, and that even cooked eggs are not immune if the egg, when still warm, is plunged into contaminated water."

[previous page](#)

[next page](#)