

torted bodies of the majority of the people, when that marvellous element, with a pressure of fifteen pounds to the square inch, is waiting to rush in and take full possession of every cell and give life and vigour.

*Water.*—Somehow the very word refreshes and stimulates. Nature's universal solvent, without which we could exist but a short time, yet if we knew what it was still waiting to do for us, we would grasp our opportunity and make better use of it.

A glass of water one half-hour before meals, with several between, will keep the digestive system in such good order that purgatives, cathartics, and laxatives will seldom be needed. The well-known wet compress is becoming so useful in reducing inflammation that it is largely taking the place of the external use of drugs. Hot water, both externally and internally, has alleviated pain so quickly that we have felt like shouting "Hurrah" for Nature's supreme remedy. We know or ought to know the importance of the bath, the increased circulation, the exuberance experienced, the palliative effects, and the soporific tendency of the warm bath.

As a detergent, as an anodyne, a laxative and somnifacient, water has no equal.

*Salt* is found normally in the human body in proportion of one drachm to a pint. Because of this, the saline solution is invaluable in surgical work, in washing out cavities, douching, &c. Salt is preventative, antiseptic, stimulating, anthelmintic, and, in weak solution, non-irritant to open wounds. The use of the saline solution in coryza and the various catarrhal throat disorders has been attended with good results. Rubbing the body with salt during a bath, and afterwards finishing with a cold plunge or spray, renders the system immune from taking cold. Salt baths are particularly valuable for children for the above reason, and many diseases, such as bronchitis, pneumonia, croup, which cause mothers so much anxiety, could be averted by the habitual use of the salt sponge, followed by cold water and a brisk rub. In conversation with a mother not long ago, she said she had practically cured her boy of these diseases, from which he had suffered year after year, by insisting on him having an abundance of outdoor exercise, cold bathing, &c. In another home, we found a mother with six children, all of whom had been sick during the winter with all kinds of throat and stomach disorders. It took very little investigation to find that the windows had been hermetically sealed, bathing practically unknown. This, together with the accompanying unhygienic methods of living, seemed, without doubt, to be the cause of so much misery.

Does it not rest with us, Sisters, who perhaps have more opportunities of entering these homes, and because of our profession are at liberty to speak against such awful methods of living, more than anyone else, next to the physician, to teach these poor ignorant ones to live up to this wonderful privilege. As a doctor was heard to say once, "If people would only consider a doctor a teacher and not a drug dispenser, how much sickness and misery could be vanquished."

So as we, the physician's stand-by and helper, assist him to inculcate the methods of right living and bring before the people more vividly these triune gifts which are theirs to use for the taking, shall we reach a higher degree of proficiency and become more valuable in our chosen profession.

## Nursing Echoes.

*\*\* All communications must be duly authenticated with name and address, not for publication, but as evidence of good faith, and should be addressed to the Editor, 20, Upper Wimpole Street, W.*



The inspection by the King of the Chelsea Pensioners in the grounds of Buckingham Palace was a very touching sight. These fine old men in their smartest uniforms were placed on the West lawn in three lines facing the Palace—the invalids to the left flank and their nurses to the right. Their Majesties at once proceeded to inspect the pensioners, and spoke to them all individually, asking questions about their services and decorations, commiserating with the invalids, and generally displaying keen interest in their guests. There was a separate inspection of the nurses. All were afterwards entertained to luncheon, and wandered at will about the beautiful grounds.

The Queen paid a surprise visit on Saturday afternoon to the Victoria Hospital for Children at Chelsea, and remained for an hour. Her Majesty was accompanied by Princess Frederick Charles of Hesse, and first proceeded to the board room and signed her name in the visitors' book, after which she paid a visit to the whole of the six wards of which the hospital is composed. Only five of these are occupied, and as Her Majesty passed from cot to cot she inquired the nature of the illness of the little invalids, and spoke a few kind and cheering words to each one of them who was awake. Upon entering the Louise Ward—so named in honour of the patron of the hospital—a little boy presented her with a beautiful bouquet of La France roses. Her Majesty was then conducted to the sixth and unoccupied ward, and gave the official permission to name it the Alexandra Ward to commemorate her visit. The ward will accommodate sixteen beds, and when it is completed in the autumn the hospital will be able to accommodate 104 patients. Before leaving, Her Majesty expressed the hope that she would be able to open the ward on completion, and said she trusted that the debt of £9,000 now on the hospital would soon be cleared off. She also expressed herself as being very pleased with what she had seen, and remarked that the children looked very comfortable and happy.

We remember this hospital when it was a charming old country house, the beautiful rooms, used as wards, radiating from a central hall, from which one could also step into a wide and leafy garden. The Chelsea of those days, so rural and

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