

laying the foundation stone of the new isolation and special block on the occasion of his visit to the city on the 25th inst.

The Governors of the North Riding Infirmary, at a meeting at Middlesbrough recently, adopted plans and estimates for a new operating theatre, and appointed a committee to superintend the work. The new department, which will be thoroughly well equipped, is expected to cost £2,700. Of this, £2,389 has been given or promised, including two donations of £500, one of which is from the Chairman, Mr. F. A. E. Samuelson.

The Governors of the Peterborough Infirmary have a very pleasant announcement to make, which they naturally hope may have the effect of stimulating the generosity of others blessed with a good share of this world's goods. Lady Louisa Wells has very kindly given £1,000 to the Institution to endow a bed for the use of the inhabitants of the village of Holme.

The Glasgow University and Glasgow Victoria Infirmary are each to benefit to the extent of £10,000 from the estate of the late Dr. Robert Pollok. His will contained no bequest, but separate writing was found suggesting that his sisters, the residuary legatees, should give £10,000 for the endowment of a special ward in the Infirmary, and £10,000 for the endowment of a University lectureship for original research in materia medica.

#### LECTURES TO NURSES ON TROPICAL SUBJECTS

The first of a course of ten lectures to nurses on Tropical Subjects will be delivered at the London School of Tropical Medicine, in connection with the Branch Seamen's Hospital, Royal Albert Docks, on October 19th, at 12 noon, when Dr. Daniels will lecture on Malaria and Mosquitoes. The fee for the whole course, including examination subsequently, is £2 2s.

#### FOOD IN RELATION TO HEALTH.

Dr. G. N. Meachen, lecturing recently at the Institute of Hygiene, said that the question, "What Shall We Eat?" was one of vital importance, and medical men bore testimony to the striking fact that at least 80 per cent. of the cases with which they had to deal had their origin in errors of diet. An interesting reference was made to the researches of Dr. Strickland Goodall, as to the influence of colour with regard to food. To the highly educated a chocolate colour was found to appeal most, children took a pink food in preference to others, whilst amongst the poorer classes yellow was favoured.

To keep in a good state of health the balance of nutrition must be preserved, it being advisable to take slightly more food than absolutely necessary. If insufficient food was taken the person had to live on the capital of the body, which was obviously bad. It had been found that the average adult required daily food containing 300 grains of nitrogen, and 4,700 grains of carbon.

#### AN ATTRACTIVE BOOKLET

An attractive booklet, published by Newton Chambers and Co., Ltd., Thorncliffe, near Sheffield, entitled "Medical Izal," contains some interesting abstracts of scientific papers dealing with the use of Izal for therapeutic purposes. The Izal preparation attracted much attention at the recent London Medical Exhibition.

#### LEAGUE NEWS.

A course of ten lectures on "Historic London" has been arranged under the auspices of the League of St. Bartholomew's Hospital Nurses, to take place at the Hospital on Thursday afternoons, beginning on October 14th, at 5.30 p.m. The lecturer will be Mr. Allen S. Walker, Hon. Sec. of the London and Middlesex Archaeological Society. Tickets for the course may be obtained from Mrs. Andrews, Hon. Secretary of the League, 31, Cotterill Road, Tolworth, Surbiton, price 1s. to members, 3s. to non-members.

#### SYLLABUS.

This course of ten lectures is planned to take the audience back to the earliest beginnings of London, when it was a place of shelter for wild prehistoric inhabitants, and from this period onward to the days of its British occupation; to the time of its development as a Roman city with dramatic adventures; through the long struggles of the Saxon and Danish period to the building of a stately town under the Normans; to the rise of civic government, of trade institutions, of citizenship, of religious and charitable foundations, and of all the humour and boisterous joy which went to make up the story of the Middle Ages in London.

From this point the lecturer will then trace the break with the past which the Tudor period provided; the changes in the appearance and habits of London consequent upon the Great Fire; the revival of Roman and Greek studies; the French influence in the 18th century; and finally, the remarkable development in every department of life which was witnessed in the 19th century, when London became not only a city but a group of cities under the name of a county.

The lecturer proposes to exhibit prehistoric implements, early maps, and other objects; to organise parties to visit historic buildings mentioned in the lectures; and to invite the audience to attend his lectures in the city churches when the history, monuments and art of these unique buildings are treated.

October 14th.—Lecture I., The Site and Legends of London.

October 21st.—Lecture II., British and Roman London.

October 28th.—Lecture III., Saxon and Danish London.

November 4th.—Lecture IV., Norman London.

November 11th.—Lecture V., Mediæval London—Civil.

November 18th.—Lecture VI., Mediæval London—Ecclesiastical.

November 25th.—Lecture VII., Tudor London.

December 2nd.—Lecture VIII., Stuart London.

December 9th.—Lecture IX., London in the 18th century.

December 16th.—Lecture X.—Modern London.

[previous page](#)

[next page](#)