

fessional status of their own nurses and the high standard of practical work of which they have been justly proud, is it surprising that the nurses have taken the defence of their certificate into their own hands? We think that it will be conceded that it is in extremely able ones.

### Medical Matters.

#### SUN BATHS AND NATURE CURE METHODS.

Dr. Flora Murray, in the course of a series of lectures delivered at Baylis House, Slough, as reported in the *British Health Review*, explained the great therapeutic value of sun baths and deplored the fact that they were not employed in hospitals and convalescent homes. She pointed out that by means of sun baths the temperature of the body is raised, the circulation stimulated, the oxidation of proteids rendered more complete, and the elimination of waste products by the skin and lungs more rapid. Such a stimulant are they for the entire nervous system that the brain becomes more active, and the improved metabolism gives a sense of well being and vitality to the whole body. Dr. Murray pointed out that though the maximum of benefit is derived from a proper "Cure" sun bath as administered in a Nature Cure Sanatorium, benefit could be derived even in an ordinary bedroom, and she ridiculed the idea that we have not sufficient sunlight in this country for the purpose, saying that even in the winter we neglect to avail ourselves of the rays of the sun as we might. Only three things are required for a sun bath:—light, air, and privacy, the best effect being obtained when the rays of the sun fall direct upon the body—not through glass—the entire surface of the skin being exposed, and the bath being taken in the open air, wet compresses being used to protect the head and nape of the neck. Dr. Murray pleaded for the establishment of facilities for sun baths in all hospitals, sanatoria, convalescent homes, open air schools, gymnasia, etc. Turning to the consideration of Nature Cure methods in general, Dr. Murray pointed out that the more we cultivate civilised occupations the greater is the strain laid upon the nervous system, and consequently the greater the need to turn to Nature Cure methods in order to correct this. She insisted on the importance of exposing the whole body systematically to the influence of light and air, and upon bathing and rubbing the body, performing deep breathing exercises and systematic general physical culture, living, eating, and sleeping as much as possible in the open air, and adopting a correct diet. She advised

those to whom these ideas were new to go and study them in a Nature Cure Sanatorium, and then carry them into home life. Dr. Murray had much to say that was interesting as to the curative power of the earth itself, and advised sleeping not merely in an air hut but right out in the open. Dr. Hector Munro mentioned that in his experience in India cases of fatal sunstroke were invariably heavy meat eaters and drinkers amongst Europeans, and he instanced a European who had been very ill at first on going out to India, and who on studying the habits of the natives determined to live as they did, adopting two light, non-flesh meals a day, with the result that he not only recovered his health, but achieved a fitness and power of endurance he had never known before, and to the astonishment of everyone he was able to walk long distances, like a native, in the intense heat of the Madras hot season, without any sort of head covering.

#### THE PATHOLOGY OF MALARIA.

Major Ronald Ross, in a lecture on the causes of malaria delivered last week at the Royal Institution, dealt with the pathology of malaria and its history in Europe. In the Homeric period there was no mention of malaria, neither was there in the writings of the poet Hesiod, who lived in a valley which was now highly malarious.

#### LECTURES ON BABIES.

On Tuesday, last week, Dr. Ralph Vincent gave his fifth and last lecture on Babies at the Infants' Hospital, Vincent Square, on "Clinical Cases, Illustrative of Various Diseases and Their Treatment."

Several convalescent infants were shown in the lecture room.

*Case I.*—Intense atrophy, admitted at the age of nine months, weighing 9 lb. 3 oz.; after treatment for five months, 13 lb. 2 oz. Still gaining weight.

*Case II.*—Congenital specific disease, admitted with temp. 103 degrees. Head retracted. Had been given mercury, grs. ij. every day since Jan. 4th. Ready to be discharged on condition of mercurial treatment being continued. Dr. Vincent drew attention to the incessant and frenzied crying of cases of this kind.

*Case III.*—Scorbutus, due to cooked food. Had been admitted with typical tenderness of the legs, due to hæmorrhage under the periosteum, the knees tightly swollen and shiny. Marked apprehension of being touched. It had been most difficult to find any food the infant could digest.

*Case IV.*—Intestinal obstruction.

*Case V.*—Atrophy.

*Case VI.*—Broncho Pneumonia.

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