

So it does not do to regard a high blood pressure as a thing to be forthwith reduced, and it is necessary to keep a happy mean, which, incidentally, is by no means an easy task for the physician—in fact, skill in this particular matter has made the reputation of more than one consultant.

It is a fairly easy matter to act on the blood pressure in either direction if we want to. The tension can be reduced very rapidly by nitrite of amyl inhalations, but their effect is only transitory, and a more lasting action can be obtained by nitro-glycerine, which may be given in chocolate tablets, or, in emergency, injected under the skin. Still more permanent is the effect of iodide of potassium in small doses, and this is for most patients the most useful drug we possess.

The tension can be increased by any heart tonic, but especially by digitalis, which also constricts the small arteries, and thus has a double effect.

But the main point in the treatment of cases of high arterial tension is to consider each individual, and so to regulate his life, by the avoidance of worry and scramble, and by the use of a dietary from which meat and alcohol are almost, if not quite, excluded. It is generally a case of "your money or your life," and the patient cannot have it both ways.

A MYSTERIOUS DISEASE.

A mysterious disease, which advances with frightful rapidity, has broken out in a lunatic asylum at Valladolid. Death in some cases ensues within a few minutes of the first symptoms appearing. The post-mortem examination of the victims failed altogether to reveal the cause of death. The only external sign is a red spot resembling that caused by a sting on the face or neck, and it is believed that the outbreak is caused by the bite of an infected insect.

THE TYPHOID FLY.

In typhoid prophylaxis, says the *Dietetic and Hygienic Gazette*, it is essential to keep flies away from the sick room. The vomitus and the excreta of the typhoid sufferer are disinfected by admixture with: formaldehyde (12½ per cent. solution, two ounces to one gallon of water) for one hour; or half an ounce of lime chloride in a gallon of water for one hour. The patient's sputum is burned or disinfected by means of a 1-500 bichloride solution. The nurse's hands are washed after every ministrations and then dipped in bichloride (1-1,000). The patient has individual utensils. The bed-clothes, towels, apparel, etc., are disinfected.

Florence Nightingale, O.M.

THE MEMORIAL SERVICE AT ST. PAUL'S.

The Memorial Service for Miss Florence Nightingale at St. Paul's Cathedral on Saturday last will be an abiding memory with those who were privileged to be present. The service was remarkable not only for its simple dignity, and for the exquisite music, but for the unique congregation assembled to honour the memory of a great and good woman, and to thank God for her life.

The seats in the choir and choir gallery, the space beneath the Dome, and the transepts were filled with ticket holders, but far away, right down the nave, extended the great congregation, those who were not wearing uniform being almost universally in mourning.

The band of the Coldstream Guards filled the space immediately below the chancel gates the scarlet uniforms, laced with gold, or having black and white facings, making a vivid splash of colour, the only reminder of the occasion being that the drums were muffled in crepe.

Directly in front of the chancel gates were the chairs and fald stools provided for the representatives of the King (Major-General J. S. Ewart, A.D.C. General); the Queen (Lord Wenlock); the Queen Mother (Col. H. Streatfield); the Duke of Connaught (Captain T. R. Bulkeley); and Princess Christian (Major J. E. B. Martin); the chair for the King's representative being in the centre, and slightly in front of the other four.

The City of London (of which Miss Nightingale was a "Free Sister") was officially represented by Sir James Ritchie (Acting Lord Mayor), wearing his robes of black and gold, and attended by the City Marshal, and the Swordbearer and Macebearer, Sir Vezey Strong and Mr. Sheriff Slazenger, in scarlet robes, accompanied Sir James Ritchie, and a number of Common Councilmen were present in their mazarine robes. The Acting Lord Mayor and the other City representatives were met by the Cathedral clergy at the West Door, and conducted in silence to their seats in the choir.

The Prime Minister, the Earl of Crewe, K.G. (Lord Privy Seal), Mr. R. B. Haldane (Secretary of State for War), Lord Morley of Blackburn (Secretary of State for India), were also represented. Mr. John Burns (President of the Local Government Board) attended the service, and the American Ambassador (Mr. Whitelaw Reid) and Mrs. Whitelaw Reid were present. The Archbishop of Canterbury was represented by the Rev. J. V. Macmillan, and the Hon. Maude Laurence, Chief Woman

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