

2nd Battalion City of London Regiment, Royal Fusiliers (Territorial) were in attendance, and, conducted by Mr. Tyler, L.R.A.M., played most inspiring and delightful music. Amongst those who at some personal inconvenience, sometimes between other engagements, kindly gave their services to add to the pleasure of the evening, were Miss Aimée Shergold (by kind permission of the Royal Opera), whose first song, "Melisande in the Wood," was exquisitely rendered, and who later in the evening sang "The Land of Hope and Glory," with the refrain in which those present joined most heartily.

"Land of Hope and Glory, Mother of the Free,
How shall we extol thee who are born of thee?
Mightier still and mightier shall thy bounds be set;
God who made thee mighty, make thee mightier yet."

Miss Margaret Cooper's charming rendering of a coon song and other songs was most enthusiastically received. Professor Anders gave some wonderfully clever illustrations of sleight of hand, and later in the evening amazed everyone by his marvellous scientific thought reading. "The Territorial Army," by Auscal Tate, most excellently rendered, was greatly appreciated, and "La Maison Grise," and "Mattinati," sung by Mr. Bertram Binyon, were a rare treat. Mr. L. Paul caused great amusement with his marionette "Tintacks," which sang "The Old Brigade," and much diverted the audience by his apt remarks and repartee. Miss Eva Moore's recitation of the tragic story of little Jim was delightful.

In the course of the evening Lady Dimsdale as Vice-Chairman of the Committee made a short speech in which she told the nurses that for a long time the Executive Committee had wished to come into touch with them. Directly it was suggested that this should be arranged the Lady Mayoress came forward and offered that the Reception should be held at the Mansion House. She was sure that all the nurses present would wish to join with her in saying how very grateful they were to the Lady Mayoress for giving the Reception, and to the ladies and gentlemen who had so kindly come down to entertain them. Lady Dimsdale's speech was received with applause.

As the evening proceeded detachments of the guests found their way to the supper room, where a most inviting repast was provided, and when Miss Goodhue looked after the welfare of everyone.

Amongst those present were a number of Matrons who hold official positions in this Nursing Service, including Miss Ray (King's), Miss Lloyd Still (Middlesex), Miss McCall Anderson, R.R.C. (St. George's), Miss Cox Davies (Royal Free), Miss Finch (University), Miss Davies (St. Mary's), Miss Barton (Chelsea), also Miss Cutler, Miss Marcon, Mrs. Wates (St. Bartholomew's). In all, some 400 nurses were present, and much pleasure was expressed at the official recognition extended to the members of the Service, and at the graciousness and cordiality of their reception by the Lady Mayoress.

Practical Points.

The Sterilised Train.

An Italian correspondent of the *Lancet* writes that the "Amministrazione delle Ferrovie di Stato" is laudably engaged in providing for the comfort of the passenger and also for his protection from risk to health. In both respects there has hitherto been much to be desired; but in the latter, with the cholera scare menacing the mainland and islands, the necessity for increased vigilance in the prevention of contagious or infective disease is, literally, a *prima cura*. To ensure the custom of the paying traveller who is also a paying guest, there must be rigorous exclusion of that other type of traveller and guest ("non-paying" in every sense!) which has hitherto found a place, particularly in first class carriages—the microbe, to wit, as protean in its form as it is noxious in its effects. "The padded arm-chairs," according to a sub-alpine authority on hygiene, "are quite a preserve or hot-bed of animalcule life, abounding in bacteria, cocci, vibrios, spirochætæ, to mention a few varieties, whose contact with the passenger, prolonged for hours by day and night, is about as risky an experience as he can encounter." With the head resting on a cushion surcharged with these microbes (the previous "fare" having often imparted a contribution of his own), the unsuspecting passenger exposes himself to infection of every kind, resulting often enough (according to the medical authority above referred to) in "precoce calvizie" (premature baldness) from continued pressure against the said cushion, while courting, among other bacilli, that of tuberculosis or of diphtheria itself. The overheating of the train, the indisposition, not to say the positive resistance, of the Continental, particularly the Teutonic, fellow passenger to the admission of fresh air, maintains a temperature at which bacilli of every kind are at their maximum of infectivity. To this cause was attributed during the last winter and spring in Italy the increase of victims to influenza, many of whom traced their having contracted it to a six or seven hours' journey in a stifling atmosphere, itself a "blend" of all manner of infective agencies. "To travel under conditions hygienically sound, in a carriage 'batteriologicamente puro,' such is the *sine qua non* of railway transit."

Right Method of Gargling.

The ordinary method of gargling being admittedly very unsatisfactory, save as regards the tonsils, the soft palate, the uvula, and perhaps the back of the pharynx at the level of the mouth, Dr. Richter suggests in the *Medical Record* a method of gargling which, he asserts, will thoroughly cleanse the nasopharynx and also the nose. The head should be bent as far backward as possible and the tongue protruded. In this position an attempt is made to swallow the gargling fluid, which causes it to well upward into the upper nasopharynx and nostrils, when by suddenly throwing the head forward with the mouth closed the fluid runs out of the nostrils, thoroughly washing the entire passages.

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