

Lord Balfour of Burleigh presided last week at 11, Chandos Street, W., over the annual meeting of the Queen Alexandra Sanatorium at Davos Platz, in Switzerland. The object of the institution is to provide treatment for tuberculosis in an Alpine climate for persons of small means belonging to the English-speaking nationalities who are unable to afford the ordinary expenses in the Davos hotels.

Lord Balfour, in moving the adoption of the report, said its keynote was in the sentence, "The Sanatorium has not only been finished, but has been opened free of debt, and has already placed over six months' successful work to its credit." He congratulated Dr. William Ewart, one of their hon. secretaries, who had been instrumental in introducing to them a generous donor of £25,000. He and the doctor shared the secret as to who the donor was, but nothing in the world would induce them to divulge it.

In proposing a vote of thanks to the President, the Rev. D. Harford suggested that the Council should consider the question of providing a chapel at the Sanatorium, but the President thought that a laundry was a more pressing necessity, as services were already being held in the drawing-room. The chapel might possibly be provided by a private effort, and he suggested that a small committee might be formed for the purpose.

The Children's Sanatorium, Holt, Norfolk.

The Children's Sanatorium at Holt, Norfolk, is one of the few sanatoria for consumptive children in the country. Though it only accommodates 20 children in temporary buildings the results have been so encouraging during the four years it has been in existence that it has been decided to increase the numbers from 20 to 40, and to erect permanent buildings, which it is estimated will cost £6,000. Towards the sum the Council of King Edward's Hospital Fund have given £500, and the Committee is appealing to the public for the rest. Any money given to this object will be well spent. "Happiness," says Dr. Gillam (the visiting medical officer) is such an essential in the treatment of children in any illness." They are happy under Miss Rumball's care, living in the midst of beautiful scenery and breathing magnificent air.

It is with great regret we record the death of Nurse Laura Davies, who, since the opening of the Sanatorium, has discharged her duties with the greatest devotion.

The following is the time table of the daily routine.

ROUTINE. Time Table.

7 a.m.—Wash.
7.30 a.m.—Temperatures and pulses taken.
8 a.m.—Breakfast.
9 a.m.—Get up.
9.45 a.m.—Milk. Occasionally fruit or sweets.
10 a.m. to 12 noon.—School, which includes singing lessons and drill.

12.30 p.m.—Dinner.

1 to 2 p.m.—Rest.

2 to 4 p.m.—Play, walk or drive.

4 p.m.—Temperatures and pulses taken.

5 p.m.—Tea.

6 p.m.—Prayers, bath and bed.

6.45 p.m.—Supper, milk, and biscuits.

7 p.m.—Silence until 7 a.m.

Compatible with necessary treatment every effort is made to ensure the continued happiness of the children.

Meals.

Breakfast.—Bread and butter, preserve or fresh fruit, milk, cocoa, with one of the following items, eggs, fish, porridge, bacon, boiled or fried.

Dinner.—Roast beef, roast and boiled mutton, soup or fish, two vegetables and pudding (suet and farinaceous), stewed fruit, with cream, custard, or junket.

(The meals are varied as much as possible.)

Tea.—Milk and tea, bread and butter, jam, cake, or lettuce and cress in season.

Each child drinks at least two pints of milk a day. They are encouraged to eat as much as possible. Any child unable to take its food, has to take extra rest.

They are weighed once a week.

General.

The elder girls wash up their tea-things, dust their bedrooms and the shelter. The children live entirely out of doors when weather permits, taking their meals and even having school in the open.

The children wear woollen underclothing and jerseys, under thick serge frocks in the winter and mittens. They wear no additional clothing out of doors, except when driving. They wear washing pockets and use paper handkerchiefs, given out daily when the soiled one has to be given up. Handkerchiefs are burned, also the sputum mixed with sawdust.

The children stay in bed if their temperature is over 100 degs.

Summer Comfort.

When once that annual function of discomfort, the spring cleaning, is over, thrifty housewives think twice about ordering a fire to be lighted; chimneys have been swept, and they know that coal dust quickly dims the spotlessness of clean chintzes. But warm weather does not always coincide with spring cleaning, and evenings are apt to be sometimes chilly at all seasons of the year. For this reason it is most comfortable to have a gas fire installed in bedrooms, when, in a few moments, merely by turning the tap and applying a match, the room is warm and cosy. Many people, where there are not many living rooms, use their bedrooms more or less as sitting-rooms also, and the convenience and economy and saving of domestic labour in this case are great. For District Nurses and women workers, who are out a great part of the day, a gas fire is a great convenience. The Gas Light and Coke Co., Horseferry Road, S.W., supply the necessary stoves, and will also install them for a small rent added to the quarterly account.

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