

Reflections.

FROM A BOARD ROOM MIRROR.

A special appeal is being made for the Alexandra Hospital, Queen Square, Bloomsbury, as £1,500 additional income is needed in order to continue its work free of debt. The hospital, which is the only one in the United Kingdom devoted to the treatment of children suffering from hip disease, has 68 beds in the parent institution, 20 at the country branch at Clandon, and 12 at a convalescent home at Painswick.

Four Gresham lectures on "Plague" will be delivered at the City of London School, Victoria Embankment, by Dr. F. M. Sandwith, Gresham Professor of Physic, on the evenings of February 14th to 17th. In the first lecture Dr. Sandwith will deal with outbreaks of the disease from the earliest times to 1895, the second and third will be devoted to a description of the plague and to modern discoveries as to its nature and treatment, and in the concluding lecture a series of lantern slides will be shown illustrating the points of the three previous lectures.

The Council of the Amalgamated Hampstead General and North-West London Hospitals have received an anonymous donation of £1,000 for the rebuilding of the Out-Patient Department (North-West London Hospital), Kentish Town.

The Duchess of Portland, speaking at Nottingham in support of the scheme for establishing locally a home for cripples, urged the necessity for such work on national as well as on philanthropic grounds.

It has been decided that no more suitable memorial could be provided in Wigan as a memorial to the late King than the liquidation of the debt on the Royal Albert Edward Infirmary, which, when Prince of Wales, he opened in the town, and which was named after him. It is hoped to raise £25,000 for this purpose.

At a meeting of the Northumberland King Edward Memorial Committee, presided over by the Duke of Northumberland, Alderman Haggie moved that the fund should be used for training nurses, as well as for a pension scheme for nurses. This was agreed, on the understanding that the nurses trained at the expense of the fund should agree to give three years' service in Northumberland.

Sir Edward Wood, presiding at the quarterly meeting of the Governors of the Leicester Infirmary, said that they now had a hospital with 270 beds, which bore favourable comparison to any hospital maintained by a similar population.

The Royal Infirmary, Truro, has received a bequest of £6,000 (less legacy duty) under the will of Miss C. C. Williams, applicable to the general purposes of the institution.

The cholera epidemic in Madeira is practically over. There are only three patients at the Lazaretto, and the Isolation Hospital at Sant Antonio has been closed.

A legacy of £4,000 has been left to the hospital at Perpignan with the condition attached that the nursing staff shall not be secularised. The President has issued a decree authorising the hospital to accept the legacy and to retain the services of nuns as nurses.

The Bishop of Chichester in a letter to the *Times* speaks highly of the work done at the hospital at Nazareth by the Edinburgh Medical Missionary Society. On a recent visit there he found a large number of surgical patients under the care of a doctor and two trained nurses. He believes that if once this work going on in the name of Scotch people becomes known they will not be content to leave the doctor and nurses to struggle on in premises ill adapted for the purpose, and terribly understaffed, but will respond to a call for help from Nazareth.

The National Peace Council, representing 22 peace and arbitration organisations and other bodies in sympathy, placed on record at its last meeting, "its deep regret at the death of Count Leo Tolstoy, who used his powerful and prophetic voice at all times in denunciation of the wickedness and folly of war between nations."

The Maharajah of Mysore recently laid the foundation stone of an ophthalmic hospital in Bangalore City to commemorate the Viceroyalty of Lord Minto, who, he said, would long be remembered as a wise and far-seeing ruler, and a true friend to India and her people. Colonel Smyth, the Senior Surgeon, pointed out that there are special branches of the healing art which for their proper development need hospitals of their own. He was glad that his Government was taking one more step forward in a policy which aimed at giving Mysore a leading place among the Provinces and States of India in regard to its medical institutions.

THE PERFECT BREAD.

For many years a simple and complete solution of this vitally important question has been at the disposal of the nation, but has been generally ignored. Whole-meal is not only mechanically irritating to the intestines, but—grind it never so finely—the human digestive organs cannot separate from the particles of bran the mineral salts contained in the cells. The Frame Food Co. was formed as long ago as 1887 to work a method which (by means of great heat and pressure) extracts from the cellulose of the bran the nourishment contained in it. This extract, desiccated and pulverised, can be added to flour, and will render all cereal foods nourishing to bones, teeth, brain, and blood. In fact, it is what scientists are crying out for, and should be made generally available for the people. This simple remedy for the evil of white bread should be appreciated at its real sterling worth.

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