

families of five or six in barns, outhouses, empty houses, stables, and anywhere that had a roof of any kind. They were mostly covered with rags, and their joy and gratitude were very touching. Most of them came from Kirk Killisse, Tehesma, and Lula Burgas, and had sold everything of any value whatsoever. Dr. Baylis went into Stamboul and gave relief at the Sophane Gate; and the Colonel and Dr. Calthorp and various Sisters have been to many other places and helped a tremendous number.

It seems to me that it is very good work, but only temporary; something wants to be organised more inland for a permanent settlement and occupations. What are these poor things to do for the winter? Is it not possible to build a model village in Asia Minor and restart them again in life? The mothers with babies a few days, and even a few hours old, with four or five small toddlers round them, looked too pitiful for words, and many far from well. I noticed coughs and colds all round. Our party breaks up to-morrow (Wednesday). Sister Stewart and Sister Mackenzie are going to St. Stefano; the Colonel has put me in charge of this hospital and I hope I shall come up to his expectations. I am very sorry to leave my wards; I am really fond of my men, and I think they are of me. To-night, when I came back, I went to see them and they were so glad to see me. One poor fellow who has been shot through the head and lost his eye, nearly jumped out of bed, and had a long tale to tell me because he had been very poorly when I left in the morning. They all think no one can do the things quite the same, and I hear all sort of disputes as to their letting anyone else do their dressings. They are just like children and I love them all, they are so grateful for any thought.

Several cured patients left to-day, and no doubt many will follow soon.

KATHERINE H. WHEATLEY.

PRACTICAL POINTS.

Bites of Insects.

The *China Medical Journal* gives the following hints, to prevent the bites of insects:

"Take one ounce of Epsom salt and dissolve it in one pint of water; wet a bath-cloth wet enough that it will not drip, and rub the body well all over; and not wipe afterwards, but dress. I am very certain that flies, gnats, fleas, bedbugs, mosquitoes, or the famous African fly, will never touch persons so treated. If they are exposed more than usual, being near water or in a forest, they may make a somewhat stronger solution; wet a cloth, and rub the face, neck, ears and hands well; do not wipe, but allow it to dry; it will leave a fine powder over the surface that the most bloodthirsty insect will not attack. Besides, the solution is healing and cleansing; it will heal the bites, subdue the consequent inflammation, and cures many diseases of the skin." We hope this may meet the eye of those nurses working in the Near East!

NURSES' SOCIAL UNION.

EUGENICS.

Dr. Murray Leslie, speaking to the members of the Nurses' Social Union at the Institute of Hygiene last week on the subject of Eugenics, said that the science of eugenics was meant to meet a definite requirement. It was necessary that the race should be strong and virile, or it was of no value. The science of Eugenics dealt with this. It had lately been proved that there are 140,000 feeble-minded persons in the country, not including physical degenerates, and no less than 4,800,000 school children unsound in body or mind. The position was serious, and those present would remember that race degeneration and decay led to the fall of Rome, but in our own case, though we had the fact to deal with, the cure was happily rising above the horizon, and he believed that the science of Eugenics (the science of the well born) was going to stop race degeneration. Sir Francis Galton, the founder of the science, emphasised the necessity of three qualities for a "well-born" person—a healthy body, a sound mind, and capacity for work.

The science was built on the foundation of heredity, and a law of heredity was that like tends to produce like, and strong parents to have strong children, while weakly and tubercular parents were likely to produce children predisposed to disease.

A characteristic of philanthropic work in the past century was the direction of effort to social improvements, and the improvement of external surroundings and environment. The new science said that environment was all very well, but heredity was ever so much more important. The surroundings of a physical degenerate in a palace would have little influence upon him. Therefore though it was good that the standard of wages and of housing should be improved, and hours of labour diminished, the personality of the wage earner was of greater importance.

The health of the individual was influenced by the age of marriage, the motives leading to it, lactation, and venereal disease. The Bulgarian army had recently afforded an illustration that race was of more importance than means, and heredity than environment. Again, it was a fact that some of the worst degenerates were to be found in the upper classes, and some of the finest specimens of manhood in the poorest, and further, we were learning that if environment were improved beyond a certain point, it was harmful to the race.

One of the ideals of eugenicists was that there must be some alteration in the social conditions which occasion enforced celibacy. The cost of living was now so high that many people were compelled to live single lives in order to keep up in the vortex. Eugenics proper were divided into *negative* and *positive*.

The object of negative Eugenics was to prevent moral and physical degenerates from parenthood,

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