

## REFLECTIONS

FROM A BOARD-ROOM MIRROR.

The Duchess of Albany opened an "old Sussex village" bazaar at Hastings last week in aid of the fund to rebuild the East Sussex Hospital on a new site as a memorial to King Edward.

This is National Health Week, and all over the country efforts are being made to enlighten the ignorant on the sanitary law. In Dublin a most successful Health and Housing Exhibition is being held in the Rotunda Rink. The exhibits deal with such subjects as food, cooking, disinfectants, the treatment of tuberculosis, the milk supply, the care of the teeth, and the dangers of fire. Lectures will be given on various subjects during the week, and school children have been invited to attend every day between eleven and two o'clock with their teachers.

A lease for 99 years of the site (every day becoming more valuable), and buildings of King's College Hospital has been granted to W. H. Smith & Son, the great newsagents. The site has come into the market, in consequence of the transference of the hospital to South London, where a large area at Denmark Hill was presented by the Hon. W. F. D. Smith, the head of the firm.

The Earl of Selborne presided at a meeting, held at Alton on Monday, to open a Hampshire county fund, to assist in raising £10,000 for a nurses' home at the Cripples' Hospital, as a national tribute to Queen Alexandra. Sir William Treloar traced the progress of the hospital, and said that he was devoting the remainder of his life to raising money for it. It is intended to form funds in several other counties.

The Annual Meeting of the Governors of the Chelsea Hospital for Women was held on the 3rd inst. the President of the Hospital (Viscount Castlereagh) in the chair. The Council's Report showed that satisfactory progress had been made during 1912 in the collection of funds for the rebuilding of the Hospital and its Nurses' Home, on the site so generously given by Earl Cadogan. The Royal Patrons (the Queen and Queen Alexandra) had generously headed the list of contributors; and through the dinner, at which Viscount Castlereagh and the Countess of Ilchester (the President of the Ladies' Committee) had jointly presided in November, over £8,000 was added to the amount available. Nearly £500 was sent in small amounts from former patients. The Ladies' Committee, having exceptional knowledge of the kindness received by the patients from the nurses, were devoting themselves to collecting for the Nurses' Home. The King Edward's Fund had made a first grant of £1,000.

## AN HONORARY DISTINCTION.

Dr. Anna Hamilton, of Bordeaux, has been appointed to the position of an Officer of Public Instruction, an honorary distinction which her services to the community have well merited.

## CONSUMPTION: ITS PREVENTION AND HOME TREATMENT.

A meeting of the Minehead Branch of the Nurses' Social Union was held shortly before Easter at the Institute, when an interesting lecture was given by Dr. Short, the newly-appointed Tuberculosis Officer for the County of Somerset, upon "Consumption: its Prevention and Home Treatment." There was a very good attendance of professional members, who listened with deep attention, and proved the stimulation of thought given by the many questions they asked later. Dr. Short began by saying that while in England there is a death every twelve minutes, there is in Somerset alone one death every day from this disease, so eminently preventable since the discovery of the tubercle bacillus in 1882. Having dwelt upon the allies of tuberculosis, such as bad air, blocked air-passages (as in adenoids, &c.), darkness, dust, expectoration, and now especially weakness in the opponent as engendered by poverty, drink, &c., he dwelt upon the hindrances the bacillus meets in a strong opponent with good general health, in fresh air, sunlight, moisture, and cleanliness. Having mentioned the chief modes of infection, and that 20 per cent. of milk in Somerset is infected, he strongly urged all health workers to secure open windows, separate beds, proper sputum destruction, the damp dusting of rooms, the prompt examination of all contacts, and the right directing of charitable help.

In the second part of the lecture—"Home Treatment"—he first spoke of the care of *ambulant* cases—the necessity of their living in high, dry and sheltered positions, for woollen or flannel clothing, rest before and after meals, sleep in the open-air, the cold sponge in the morning, and breathing exercises. For *bed-ridden* cases he gave many valuable hints for the relief of coughing, night sweats, vomiting both threatened and inevitable, and the use of the graduated inclined plane; sleeplessness, and the use of massage; orthopnoea and the forehead rest; and hæmoptysis with the raising of the shoulders. Dr. Short has lately become a Vice-President of the Society, saying that he feels it an "honour to be associated with such a progressive and useful body as the Nurses' Social Union."

An N.S.U. meeting was also held at North Hall, Frome, by the kind invitation of Miss Bailey, the Treasurer, when the new County Organiser repeated her lecture on the "Moral Training of Girls." There was a large gathering, for whom tea had been hospitably provided before the lecture.

[previous page](#)

[next page](#)