

should have plenty of hot milk, cocoa, coffee, Bovril, &c., and generally lead a hygienic life. If the cough is troublesome, glycerine or marsh mallow jujubes relieve the soreness of the throat. Gargling the throat and douching or spraying the nose with a solution of glycothymoline is most beneficial. It relieves the pain and is a valuable antiseptic.

If "a cold" does not yield to simple home treatment promptly, medical advice should be taken. Probably one-fifth of the cases of phthisis arise from neglected "colds," in reality only a cloak to the commencement of the tubercular trouble, but which, unrecognised, continue unchecked until there is serious mischief in the lungs.

Vaccine therapy has been tried for those unfortunate individuals who always catch cold on any and every pretext. Sometimes the removal of adenoids or enlarged tonsils prevents the recurrence of cold by improving the general health and removing a source of sepsis and pain.

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss J. G. Gilchrist, Miss Gwladus M. Evans, Miss Dora Vine, Miss F. A. Shepard, Pte. J. Buckingham, R.A.M.C., Miss Mary Mayhew, Miss E. Robertson, Miss J. Blackburn, Miss T. O'Brien, Miss C. G. Cheatley, Miss I. M. Wilson.

Miss Gwladus M. Evans writes:—Deprivation or absence of heat, and the extraction of heat from the human body by excessive or sudden cold is answerable for many illnesses, by impairing vitality and rendering persons susceptible to disease generally. Chill induces or contributes to pneumonia, catarrh, congestion, rheumatism, and many other maladies of a serious character, that is to say, the germs of disease are enabled to obtain a hold, because the powers of resistance of the organs attacked are reduced by exposure.

Miss J. G. Gilchrist writes:—The most common form is known as coryza, from a Greek word, signifying to us a cold in the head. It is an infectious condition caused by the entrance of bacteria into the respiratory tract while in a receptive state due to impaired vitality from exposure to damp, cold, and the breathing of vitiated air in badly-ventilated rooms, theatres, or cars, in some cases from places of industry where there is a dust-laden atmosphere. Predisposing causes are the presence of adenoids or enlarged tonsils, rickets, or a weakened constitution.

QUESTION FOR NEXT WEEK.

Why is the care of the teeth important?

THE HEALTH-GIVING DUST OF THE OCEAN.

FORTY YEARS OF THALASSO-THERAPY.

The value of sea air and good food in the treatment and prevention of disease is well known, and a striking illustration is afforded by the record of the Children's Seashore House for Invalid Children at Atlantic City, New Jersey, U.S.A., of which an interesting account is given in the current issue of *The Modern Hospital* by Dr. W. M. Bennett, the Physician in Charge.

Dr. Bennett classifies the work of the institution under four heads:—

1. The baby saving work.
2. The fortifying work for children not yet ill.
3. The work for convalescents.
4. The work for children with bone and gland diseases.

The institution, which was first opened in 1872, in a cottage of thirteen beds, now occupies a whole city block, bounded on three sides by wide streets, and on the fourth by the beach and the ocean beyond. It has accommodation for four hundred, and annually cares for over thirty-six hundred persons. The main building, which accommodates seventy-two patients, is surrounded on four sides, and on two floors, by ample porch room, a feature which plays an important part in the daily life of the institution; connected with the main building, at each end, is a large ward building accommodating sixty patients. These buildings are also surrounded by ample porches, giving in all a stretch of about twelve hundred feet of porches ten feet wide. A feature of the building on the ocean front is the extension seaward, on each side of the grounds, of a double row of "Mothers' Cottages," little connected cabins, nine by twelve feet, sufficiently low to cause no obstruction to the sea view or sea breeze. Each of these accommodates a mother, with her sick infant, and such well children as she may be obliged to bring with her. Ample dining-rooms and laundries are provided for these mothers. They do their own laundry work, and care for their own cabins, but their own, and their children's, meals are provided in excellent quality, and in great abundance. In a special diet kitchen modified milk and other food for their babies are prepared under the direction of the physicians, and served at prescribed hours. These cabins have been provided partly because the mother and her nursing child cannot often be separated, more often because it is realized

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