

THE KITTY LEIGH CONVALESCENT HOME.

A valuable adjunct to the work of the Children's Ward is the "Kitty Leigh Convalescent Home" at Herne Bay, which has been equipped by Mrs. Helen Gerard Leigh, who has placed the six beds at the disposal of the hospital, with occasional exceptions.

M. B.

GENERAL AND PERSONAL HYGIENE.

"General and Personal Hygiene" was the subject of the lecture delivered on May 17th, at the London Day Training College, Southampton Row, under the auspices of the National League for Physical Education and Improvement.

The lecturer was Reginald E. Roper, Esq., M.D., County Medical Officer of Health for Shropshire. He said that this was a wide subject, and in his lecture he would deal only with personal cleanliness, clothing, food, exercise and sleep. All this, he said, must be placed on a physiological basis, otherwise their arguments would be easily upset and confused with those of the faddist. He regretted that the Public Health Department had not jurisdiction over children after school age.

Want of personal cleanliness resulted in a verminous condition. He referred to scabies now prevalent in the Army, and pointed out how it hindered its efficiency.

With regard to the head louse, he said there was an ignorant belief that it could originate in the head *de novo*; but this, of course, was impossible, as every living creature was produced from its like. Nits or eggs were laid on the hair and stuck thereto by a glutinous material. The life history of an egg was from one to five weeks, according to the temperature. This accounted for the belief that sick children were more susceptible to these creatures than others, but the fact was that the eggs were more quickly hatched in the warm temperature, consequent on being kept in bed.

Typhoid and dysentery were often the result of dirty, careless habits.

The reason why dysentery was so common in mental asylums was that it was impossible to teach the inmates rigid cleanliness in their personal habits.

Clothing.—The chief use of clothing was to prevent the temperature from becoming unduly lowered. The chief means by which it is lowered are cold, starvation and lack of clothing.

Bad feeding and bad clothing combined lower the health and resistance to disease.

A well-fed, healthy person required very little clothing indeed.

Some of the schools, in country districts especially, were insufficiently warmed, and it would be a better plan if the children walked to school without their coats and put them on while sitting still in the schoolroom.

The value of exercise was reduced if too much clothing were worn.

The danger of getting wet was caused by the evaporation of the moisture outside the clothing. If a dry overcoat were put over wet clothing, the danger was removed.

The benefit of open-air treatment lay in the skin stimulation caused by the constant current of air.

Food.—For most people, undoubtedly, a mixed diet was the best. He deprecated the habit of children eating between meals, and recommended that all liquids should be taken between meals. The eating of sweets he described as a pernicious habit.

Exercise.—Where perfectly normal conditions obtained, physical exercises were not necessary. While to the healthy exercise was very beneficial, it was of no value to the underfed.

The young child should have plenty of sleep; at five years old it needed twelve hours. The school child should not be allowed to employ the last hour before going to bed in mental work or violent exercise.

"L" BRAND LYSOL.

We have received from Lysol, Ltd., Crayford Mills, Warton Road, Stratford, E., a sample of their "L" Brand Lysol, a product in every respect equal to the former enemy-owned Lysol. A point to be noted in regard to this brand is that it is miscible in chloroform, alcohol and glycerine without becoming cloudy or turbid, and solutions of "L" Brand Lysol, therefore, merely require to be diluted with ordinary or distilled water. The purest Caustic Potash is used in its manufacture. It is important to take note of this point because in some brands put upon the market caustic soda is substituted for potash because of its comparative cheapness, which certainly affects the efficacy of the product, as the cresylic acid combines with the soda and forms a cresolate of soda possessing no antiseptic properties whatever.

Lastly, attention must be drawn to the fact that Lysol, Ltd., are prepared to pay £1,000 to any person who can prove that they have, or intend to have, any German interest in the Company. This is important, as patriotic nurses and midwives would not knowingly support a German firm, and yet Lysol is a prime favourite for use in district and other midwifery work.

COMING EVENTS.

May 25th.—League of St. John's House Nurses. General Meeting. 12, Queen Square, Bloomsbury, 3 p.m.

June 4th.—Leicester and Leicestershire Midwives Association Meeting at Loughborough, by invitation of Nurse Warren. Address on "Serving Women" by Miss G. A. Rogers.

June 8th.—Society State Registration of Trained Nurses: Annual Meeting, West Lecture Hall, Royal Society of Medicine, 1, Wimpole Street, London, W. 4 p.m.

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