

Hospitals in the United Kingdom, and to report fully thereon, in order that they may be efficiently organized.

2. To consider and report on a comprehensive scheme for the Preventive and Active Nursing of the Soldier, and for the co-ordination and extension of Military Nursing at home and abroad.

This proposal, which if carried into effect would have done much to avert the present crisis, met not only lack of sympathy but discourtesy.

Trained nurses must now do their best to avert the consequences of the situation which has inevitably arisen. The soldiers who need their services fought until they fell, and if, in attending to their needs, nurses work until they drop, it is an inadequate return for the preservation to them of all that makes life worth living. The care of the sick soldier is the supreme need of the moment; all other considerations, including the efficient organization of civilian nurses for military nursing in time of war, must wait.

HEAT-STROKE.

The *Lancet*, which states that attention has been called to the above subject by the lamentable death of Sir Victor Horsley in Mesopotamia, and by the disaster to a trainload of soldiers in India, says that the European in the tropics, especially if newly arrived there, is liable to suffer in two ways from the climatic conditions of the hot season. In the one case, heat-stroke, the temperature of the body rises, and there are signs of congestion and nervous irritation; in the other, heat exhaustion, there are pallor, fainting, and collapse. Heat-stroke is the commoner form. Although sometimes caused by the direct rays of the sun, especially where the new-comer is unsuitably clad, it is much more frequently produced by the combination of high temperature and excessive moisture in a confined space. The risk is not great in the ordinary circumstances of life in the tropics, for most people are careful to protect themselves when out of doors, and to adopt special arrangements for cooling and keeping in motion the air of their dwellings, and this motion is a potent factor in removing heat from the body. The liability to heat-stroke is very much greater in those who are in an exhausted state, whether due to overwork, fatigue, or illness, and such subjects are readily affected

by a short exposure to unfavourable conditions. Even strong and healthy people succumb if subjected for a considerable time to air which is both hot and stagnant, especially if it is also impure and moist.

OUR PRIZE COMPETITION.

HOW WOULD YOU PREVENT THE SPREAD OF EPIDEMICS BY FLIES, FLEAS, LICE AND BUGS IN WAR TIME?

We have pleasure in awarding the prize this week to Miss Lucy C. Cooper, Osborne Place, The Hoe, Plymouth.

PRIZE PAPER.

The watchword for the prevention of the spread of epidemics by flies, fleas, lice, and bugs in wartime must be cleanliness—cleanliness absolute and final.

First, prevent the spread of flies by abolishing all likely breeding places, such as food, which is to be eaten, left lying exposed to the advent of the fly, not only feeding and helping to breed the fly, but the fly may have had contact with an infected patient, infected soils, excreta, water, soiled dressings, rotting manure or refuse, and deposited its poison from these sources on to the food. This proves the necessity of immediately destroying all mentioned sources of contact, and keeping the fly away from an infected patient. Flies must be destroyed by every possible means. All foods must be kept well covered and out of reach of the fly. All waste food must be immediately burnt; all crumbs should be swept up and destroyed. Where there are horses near, manure heaps must be immediately covered with lime until they can be buried. All sanitary trenches must be treated with lime, well buried, and a fresh spot chosen as frequently as possible.

In wards, tents, huts, or places where there are patients suffering from infectious diseases, every care must be taken to prevent any vermin, and especially the fly, from coming in contact with the patient, and, by passing on to others, or to food, helping to spread the disease. Fleas can be kept down by cleanliness of body, clothing, beds, blankets, &c. A thorough removal daily of all bedding, brushing all crevices of mattresses, shaking rugs and blankets, and hanging all to air in the open until thoroughly cool and sweet (fleas like warm undisturbed quarters), sponging bedsteads, spraying ceilings, walls, and floors of tents, huts, or rooms with a solution of carbolic acid,

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