

grass; (6) trenching, mixing concrete, felling trees, &c.; (7) as soon as a patient is considered fit to be discharged he is put to work at his trade, if he has one, for six hours a day, for three weeks, so that the necessary muscles may get used again to the work.

We came upon a party of women trenching ground for cultivation, and thoroughly they seemed to be enjoying their work. In much of the unbroken ground in this neighbourhood there is an "iron crust" which has to be broken through before the ground can be planted and cultivated, and its preparation is therefore no mean test of ability. Three and a-half acres of land have been trenched, cleared, and brought into cultivation, and the work is still going on, the whole of the Dutch Garden, which is so prominent a feature of the front of the Sanatorium, has all been excavated, planted, and cultivated by the patients.

Those patients who are well enough to do so made their own beds, clean their wards and windows, polish the floors of the corridors, keep the dining halls clean and the brass work bright. They also wash up their own plates, knives, forks, and spoons after each meal.

The dining-rooms are pleasant places, and, with the recreation room, are located in a separate hall, with windows wide set, and running under the tables are water pipes which in cold weather are heated, so that the patients can keep their feet on them while at their meals. The entrance to the dining rooms is under cover, and here are the racks for the sets of plates belonging to each patient, and the tea-cloths on which they dry them after washing. Each patient uses the same during his stay, and is keenly alive to the possibility of infection from other cases. To the ordinary observer it may seem unnecessary to make distinctions when all are suffering from the same disease, but it must be remembered that it has many manifestations, and a patient, for instance, whose throat is sound, has no desire to use the spoon and fork of one with a tubercular throat.

It would take long to adequately study the whole working of this Sanatorium, but enough has been said to indicate the good which is being achieved amongst a happy, contented set of patients.

The rush of sailors and soldiers invalided from gas and exposure with chest troubles have doubled the demand for admission to Brompton and Frimley, and financial help is much needed.

M. B.

Many nurses at home and abroad just now are giving barley water to their patients, and may be glad of the following recipe, from which a former *chef de cuisine* at the Bachelor's Club, London, compounded this drink. "Put the outside peel of two lemons into two quarts of water, add eight lumps of sugar and boil for ten minutes. To this add two dessertspoonfuls of Robinson's 'Patent' Barley, previously mixed to a smooth paste with a little cold water. Continue to boil for five minutes and allow to cool. Strain through fine muslin and add ice and lemon juice to taste."

THE SOUTH LONDON HOSPITAL FOR WOMEN.

The South London Hospital for Women, 103, South Side, Clapham Common, S.W., which was opened by Her Majesty the Queen on July 4th, is indeed a most desirable building. Everything is of the latest approved scientific pattern, and from the basement to the flat roof, from which there is a magnificent view of London, there seems nothing that could be improved upon or that is lacking. It is a general hospital for women and children, boys being admitted up to the age of six.

The hospital is staffed by medical women, Miss Chadburn, M.D., B.S., being the chief surgeon and Miss Fraser, M.B., B.S., chief physician. It contains 80 beds, of which 25 are allotted to medical cases, 25 to surgical, and 3 to ophthalmic, 8 to children, 3 to isolation, and the remaining 16 to private patients. To each ward is attached a balcony on to which beds can be run from the ward. Further, there is a large flat roof. The electric lift opens out upon this roof, which is extensive, the patients can therefore be taken up on their beds and receive open-air treatment if desired. The infectious wards, with complete isolation for the nurse in attendance, are entered from the flat roofs. The bathroom is so arranged that the nurse need not again pass through the wards after her disinfection. The long wards on the first and ground floors are built for eighteen beds, the walls are without corners and are enamel painted. The large, low windows are so constructed that no draught can be felt, also they are regulated by a key which is kept by the nurse in charge. Another excellent point about them is that the frames can be let down in a manner that makes them easy to clean from the inside. The bathroom and lavatories are convenient to a point of luxury. To each long ward is attached an unusually large bathroom with wide doors, enabling a patient supported by two nurses to be brought in. The walls of the lavatories are of white marble, the idea being that they are non-absorbent. The lighting of these is controlled from the ward, and there are tell-tale switches enabling the nurses to see from the ward if a light has been left burning. The floors are of red composition material, which is quite agreeable to walk upon. The prevailing colours of quilts, screens, &c., is to be blue and white. There are single private wards, the charge for which is £3 3s., wards with two beds, £2 2s., and cubicles, the fee for the latter being only £1 1s. These cubicles are quite charming, and on one side overlook the Common. There is an abundant supply of convenient bed tables, and the pretty blue screens are moved with the least effort, on revolving rubber wheels.

There are two theatres adjoining each other. The ingeniously contrived instrument cupboard serves for both as it has a door opening into each.

The office of the Matron, Miss Jones Pearce, is on the ground floor adjacent to the Board Room

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