

world has been due to this sixth sense in the great ones of the past, who have never been understood and appreciated by the bulk of their contemporaries, though sometimes they have been canonised by the people of succeeding generations, who, in turn, persecute *their own* "super-humans."

The ghost need not be feared by those who commune with spirits and mortify the flesh, and I hardly think they need fear anything physical either. They may succeed in immortalising their souls, which are more precious than their bodies.

Hallucinations of a fearsome kind may come to the sensual and greedy when their five carnal senses are dulled to impotence, and the master sense has free play with their distorted conceptions of the infinite.

HONOURABLE MENTION.

The following competitors received honourable mention:—Miss Mena M. G. Bielby, Miss Evelyn Williams, Miss E. Cooper, Miss Winifred Appleton, Miss Mary Somers, Miss Ellen Lawson, Miss M. M. Cornock, and Miss Annie Giffen.

QUESTION FOR NEXT WEEK.

What are the duties of the nurse in caring for a case of influenzal pneumonia? What precautions should she take for her own protection?

INFLUENZA AND ITS PREVENTION.

Sir Malcolm Morris, President of the Institute of Hygiene, occupied the chair at an interesting Conference, convened by the Institute, and held at 33, Devonshire Street, London, W. 1, on Friday, February 28th, and said in his opening remarks that in these days of conferences there could not, at the present moment, be a more important subject on which a Conference could take place than that of combating influenza.

The public were looking to the medical profession to instruct them how to prevent the disease from spreading. He asked for the opinion of the speakers on the following points:—

Is there any relation between climate and influenza?

Is it proved to demonstration that it is a crowd disease?

Why does it attack individuals in isolated places?

What relation does the common cold in the head bear to influenza?

For "light and leading" on the great question of masks.

What is the true position of alcohol?

Should prophylactic vaccines be used, especially against infection by streptococci?

Incidentally, Sir Malcolm Morris expressed the opinion that alcohol is not an essential, either as a preventive or in treatment.

He remarked, further, that last November, when the epidemic was so severe in London, the employés in the tubes did not suffer materially, but those on the omnibuses and trams suffered enormously.

The speakers included Sir St. Clair Thomson, who expressed the opinion as to nasal and throat douching that if a person has a healthy nose and throat there is no more reason to wash the nose out than to wash the eye out. Nature should be aided in its work by blowing the nose. If a patient suffers from chronic catarrh, then washing out should be done.

Sir Kingsley Wood emphasised the importance of medical research in grappling with a disease causing almost incalculable damage in money and loss of life.

In regard to climate, it was pointed out that epidemics of influenza occur in such widely different climates as the United Kingdom, India and Australia.

Dr. Carnegie Dixon, in a most interesting and illuminating speech, said that his own branch of medical pathology was that dealing with the causation of disease, and said that one of the most far-reaching discoveries in bacteriology was that of Sir Rose Bradford and his colleagues, of a small filter-passing minute organism causing influenza. If this diagnosis was confirmed, we could study the organism, and its modes of life, and then fight it. He laid stress on the fact that research work in this country had been starved, and that in Germany, since the war, chemists had subscribed half a million for this purpose.

In reply to the question "Is it a crowd disease?" he said that what constituted a crowd had not been defined. It would spread between a crowd of two persons if one had the disease and presented a focus of infection.

He also emphasised the danger of carriers suffering from chronic forms of the disease.

Masks were being used in the hospitals to which he was attached, by the staff and nurses; there was not sufficient evidence yet as to the protection they afforded, but he believed they were useful. He, however, advocated as a surer protection, prophylactic inoculation with a mixed vaccine.

Dr. Hector Mackenzie considered it useful to take 2 grains of quinine two or three times a day during an epidemic of influenza. It was

[previous page](#)

[next page](#)