

Lastly, Sir Arthur Stanley, on behalf of the National Association for the Prevention of Tuberculosis, made the welcome announcement that the Prince of Wales had accepted the office of President of that Association, and, in His Royal Highness's name, welcomed the members of the Conference.

In the successful fight against tuberculosis the trained nurse is a most important factor.

OUR PRIZE COMPETITION.

WHAT ARE THE PRINCIPAL DANGERS TO HEALTH IN HOT AND DRY WEATHER? WHAT PRECAUTIONS SHOULD BE TAKEN TO AVERT THEM?

We have pleasure in awarding the prize this week to Miss Ména M. G. Bielby, Cranford, Middlesex.

PRIZE PAPER.

1.—*Intestinal Diseases*, due to (a) rapid decomposition of foodstuffs; (b) to pollution of food and water by dust containing disease germs, and by flies or other insect pests. These diseases include summer diarrhoea, causing appalling infant mortality; cholera and typhoid. To avert them all perishable food should be bought in small quantities, perfectly fresh, and after cooking should be kept in a cool, dust-proof and fly-proof larder. Milk should be scalded on its reception, and all milk vessels should be scalded daily. No doubtful vegetables or fruit should be entertained. Drinking-water, unless beyond suspicion, should be boiled and allowed to cool. All salad should be carefully washed.

Air-borne dust should be removed by a cloth rung out in some germicide, not further disseminated by sweeping. A window in a patient's room, even in a dusty street, may be kept open with safety if it be covered by a length of plain muslin, the lower end of which rests in a pail of water. A couple of large cup-hooks and a slender wooden rod will hold it in position. This, also, by evaporation, reduces the temperature of the room; it allows air to enter, but catches all the dust.

No flies should be allowed in the house. Those who consider it hardly worth effort to kill a single fly should remember that one fly in a normal summer can be responsible for over a trillion descendants, and that in our country the fly is in the forefront of death-dealing agencies. Water butts should be screened, and stagnant water covered by paraffin in order to prevent the breeding of mosquitoes, which account for the spread of malaria. All refuse should be burnt

each day; and an efficient disinfectant should be used when house cleaning. Fleas, lice, and all parasites multiply rapidly in hot weather and carry disease wherever they go. Dry, dust-laden winds cause bronchitis, therefore special care should be exercised against mouth-breathing.

2.—*Heat Stroke*: This may be caused by long exposure to the fierce rays of the sun; by violent exertion, agitation or excitement. An over-loaded stomach may be a contributory cause. The heads of children, infants especially, should be protected from the direct rays of the sun during the hottest hours of the day. Clothing should be of the lightest weight, white and scarlet being the most protective.

The diet in hot weather should be light, especially in the middle of the day. All heat-giving foods should be avoided as they are unnecessary. The skin should be kept scrupulously clean, and constipation prevented. Headache as the result of heat should be regarded as a danger signal, and the patient should lie down in a cool and darkened room, and live on milk and soda-water until recovered. Those able to do so should arrange their laborious work and exercise for the early morning and evening hours, keeping the midday portion for the lesser exertion and rest.

3.—*Depression of the Nervous System*: This may result in insomnia, sciatica, neuralgia, flat-foot, and kindred ailments; also mental disorders. All liable to it should select a nerve-feeding diet, sleep and rest as much as possible, and should so order their lives that they do not become over-heated. The state of mind plays an important part in contributing to suffering through a heat wave. A tranquil mind, freedom from worry, and refusal to dwell on the thought that it is hot are conducive to a sense of coolness.

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss Catherine Wright, Miss B. James, Miss T. Horton, Miss Griffiths.

Miss Catherine Wright writes:—"Personal hygiene should be carefully attended to, the whole body receiving daily ablutions of soap and water, with friction, so keeping the pores of the skin open and active to perform their functions. Breathing should be through the nose; here the air is filtered and enters the respiratory tract cleaner."

QUESTION FOR NEXT WEEK.

What do you know of cholera, including its causes, symptoms and nursing care?

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