

from their beds into the sea. It was specially selected for sun treatment at the seaside, and the value of sun treatment at the seaside is enhanced, because the ultra-violet and luminous rays are reflected from the sea, which forms one vast mirror, so that the intensity of the light is very much greater at the seaside than inland. The trustees of the hospital have at Hayling Island an estate with a mile of private beach, remote from the town, so that they are not a nuisance to anybody, and they can carry out the treatment unmolested on the beach, with all the joys of the seashore. There is a sun verandah on which the patients lie who cannot walk. Wind-screens can be put up to prevent the wind hurting the children. Canvas sheets can be put over their heads if there is too much sun, or if it is raining. It is here that

the convalescence of the patients is hastened by the combination of sea breezes, sun and sand."

An easy run from Waterloo to Hayling Island, where, by the courtesy of the Sister-in-Charge, the few remaining miles were easily accomplished by car, brought me to the Administrative Block and Nurses' Home at Sandy Point, and a welcome from Miss Miller, and, after lunch, we went to see the Pavilion and the children on the edge of the sea, for the sun, plays its part in the healing of the patients at Sandy Point.

Look at the picture of these happy, laughing, little people. If you saw them in the flesh you would note their firm, brown, pigmented skins, their vigour and their energy, they bear small resemblance to the listless apathetic sick children of the slums, wearily dragging about on crutches. These children, crippled though they may be, have found that life is good, the sun is a great provoker of mirth and they will laugh at the smallest joke.

Picture then to yourself the lives of these children on the edge of the sea. On the day of my visit the bay was un-

usually rough, and immersion in it was suspended, but that did not prevent those who were able to get about—and they constituted the large majority—getting as near to it as possible, under the supervision of the nurses, a loin cloth, and a hat constituting the costume of most. There was an

open brazier of glowing coal, for the day was chilly, but the children did not seem to be so, and few were gathered round it.

Other children still bed-ridden were lying in their cots, and open wounds were uncovered, and exposed to the healing agency of the sunlight. These children at appropriate times are taken from their beds, carefully deposited in rope cradles and immersed in the sea, where a space is staked off and made safe by a frame of net work.

Imagine the sensations of a city child dipped for the first time by kindly sailors

in the open sea. Small wonder that the little girl depicted in our illustration is saying "ooh." But this "ooh," Sir Henry Gauvain explains, is important. "It meant tremendous inspiration. The lungs involuntarily expanded fully, the cold of the sea water contracted the vessels on

the surface of the skin and drove the blood inside. We put them into the life-giving sea for a moment, and when they come out we seek to get a healthy glow—a big reaction. When that comes you get an extraordinary modification of the circulation. The blood, which was formerly driven in, comes back to the surface; there is a feeling of glow and exultation. All the diseased parts, as well as the healthy, are bathed in lymph which is bactericidal and tends to destroy disease."

And then on the edge of the sea are nurses, the one with a warm blanket lest the little body should become chilled, the other with a glass of hot milk.

For the children who are able to walk a wooden trough is provided, which is filled with hot water, in which they place their feet on coming out of the sea.



OOH!



HOT MILK AND WARM BLANKET IN READINESS.

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