

Mollett's kindest friends, all those who had known and loved her here, and people of all types and classes, reverent and silent.

A file of purest white was thrown across the sandy track by the corps of the Red Cross District Nurses of this port, each member bearing one or several of the beautiful white floral offerings sent from the farms and gardens of the oasis, and each on her breast the symbol of a creed of suffering nobly borne, the blood-red cross of Malta, glory of ancient knighthood and for ever badge of undying valour.

At the gates of the cemetery the Maritime Governor, the Red Cross Corps and others formed file and gave the passing casket a military salute, and at the open grave the Maritime Governor read an impressive commemorative speech in the name of his Lady Mother, the President of the Red Cross of Capiapo, and in his own name.

After alluding to Miss Mollett's professional activities and personal qualities with generous appreciation, he concluded by saying:

"I conclude by saying: Wilhelmina Mollett, rest in peace. If indeed there is a reward for a pure life, dedicated to doing good, you have gained it; and I am certain that the Almighty will give you a place with the good and the heroic. I have spoken."

Our British Consul read the Church of England funeral service, and then, when the golden gravel and clean desert sand were heaped upon her casket, we left her mortal remains.

Her grave was transformed into a veritable shrine by the hill of white flowers love and reverence had offered to her memory.

Again the Ladies of the Red Cross formed file at the exit, as those nearest to Miss Mollett in this earthly life passed out of the quiet acre of God, and again their blood-red symbol of noblest suffering glowed in the rays of a setting sun.

Perfect and utter desert calm surrounded us.

Only the Pacific surf sighed on the sand to the west. Coming—going—going—coming—evermore, evermore—and the sun sank in crimson glory, to rise far off to a more perfect day.

LINA MOLLETT.

A HOME-MADE CRANE.

An elderly man at Coventry has (says the *Queen's Nurses Magazine*) devised a very simple and successful contrivance for lifting his heavy and helpless wife up in the bed. It works on the lever principle—the bed head stands out from the wall three or four feet; a strong deal upright, a few inches higher than the bed head and 2 in. x 3 in. thick, is tied in two places to the middle of the bed head and stands firmly on the ground—it has a groove cut out of the top deep enough for the lever to work in, and the base of the groove is cut away like a "V" upside down, so that the lever works easily down towards the bed and easily back on the slope. The lever must be made in ash, to be stronger, and should be 4 or 5 ft. long—it is deeply notched about 4 in. from the end to grip the patient's belt. The belt is made of 3 yds. cheap twill, folded into a width of about 6 in., and sewn strongly together with string! It slips easily over the shoulders and round the waist, and is large enough there to hook over the end of the lever free of the patient's body. The old man first dips the long end of the lever, which at once pulls his lady along the bed towards the pillows—he then pulls the lever a little way through the groove, gives another firm dip to the end of it, and up comes the old lady into a good upright position against her pillows.

The method is so effective and comfortable that it seemed worth while passing it on for the sake of similar patients, who often have to stay helplessly in one position for hours together.

SUNLIGHT AND HEALTH.

In publishing, on May 22nd, a "Sunlight and Health Number," dealing exhaustively with the many aspects of this most important question, *The Times* has rendered a public service to the Empire, and, indeed, to all parts of the world in which it circulates. For, as we begin dimly to understand, the close relation between sunlight and health, we realise the supreme importance of comprehending the various ways in which the potent force of the sun may be harnessed and utilized for the benefit of the human race.

It is neither possible, nor desirable, to give within the limits of the space at our disposal an exhaustive review of this issue, rather we earnestly recommend our readers to procure and file it; but we may hope to stimulate interest in it by drawing attention to some of its most important and prominent features.

A New Science.

"The modern use of sunlight as a healing agent is," our contemporary states, "a rediscovery of knowledge which at one period of history was widely disseminated. Nevertheless, the modern use of sunlight is entitled to rank as in some ways a new departure, for it is based on observation and on study which belong peculiarly to the present stage of the evolution of science. The story is among the most interesting and romantic in the annals of medicine." It establishes as a scientific fact that light is a food.

Sunlight Treatment is Medical Treatment.

It is rightly insisted that "sunlight treatment is medical treatment in the strictest sense of that term and ought to be given only by physicians who have devoted special study to it. The same caution is necessary in making use of the various irradiated foodstuffs which are now available. Sunlight diet, like sunlight baths, ought to be adapted to the needs of the individual by a competent physician. When this has been said, however, the broad fact remains that a new phase in knowledge about environment and about food has begun. Sunlight has become, for the whole world, a commodity rather than a mere stimulus. For sunlight can be absorbed into the body either through the skin or by way of the digestive tract."

A Ration of Sunlight.

"The conception of 'a place in the sun' is giving way to the conception of a 'ration of sunlight,' something to be possessed and consumed. This change of outlook cannot but effect changes in everyday life. It is possible to-day to bring the stored-up light from summer meadows in the antipodes to this country in the form of frozen butter. But the passage of time is necessary before positive conclusions can be drawn from the data now available. Are winter ailments, for instance, preventable by the use of 'winter sunlight'? Only experience and experiment can show."

The Influence of Sunshine on the National Health.

The influence of sunshine on the national health of this country is effectively demonstrated by an interesting series of charts (1) A Diagram showing the amount of Sunlight at different periods of the year; (2) The Relationship between the amount of Sunlight and the Death Rate in England and Wales; (3) the Relationship between the amount of Sunlight and the Infant Death Rate in England and Wales; and (4) the Relationship between the amount of Sunlight and the Death Rate (England and Wales) in a year in which influenza was prevalent.

The medical correspondent of our contemporary points out that from October till March, Great Britain is a sunless country, for though it is true that the sun shines now and again the strength of the sun's rays is not sufficient to exert

[previous page](#)

[next page](#)