

and we were informed that since this privilege had been granted the output has considerably increased.

All the workrooms had overhead radiators, and in the silk-winding and varnishing rooms a special system of ventilation had been installed, ensuring a continuous supply of fresh air, thus doing away with headaches and fatigue of which the workers in these two particular rooms had so often complained.

The Welfare Department is modern and comprehensive, with two doctors and three nurses in attendance. A small but complete theatre is attached, so that operations resulting from accidents and emergencies can be dealt with at once.

Harassed and worried mothers bring their babies for advice as to feeding; proud mothers for a weekly record of the progress of their infants.

Every employee has to undergo a strict medical examination in addition to various functional tests. Apparatus for testing the vital capacity of the lungs, the co-ordination of the eye and hand, the response of the muscles to various stimuli. A test for colour sense was on view. These tests are carried out with the object of preventing the round peg being put into the square hole.

Various schemes are in force for the benefit of the worker, including rest rooms, libraries, evening schools, and a canteen where foodstuffs of all kinds may be purchased at cost price. We came away from the Marelli Factory with the idea that the workers had little, if any, cause for complaint.

The next item on the programme was a visit to Legnano, a small, rich industrial centre—principally textile and cotton industries—situated some considerable distance out of Milan. On arrival there, we were welcomed by the band of the Commune and a guard of honour drawn from the workers. Very striking they looked in their immaculate gymnastic costumes, the men in white trousers and vests with black ties, and the girls in black skirts and white jumpers, black ties and white shoes and stockings.

The factory was visited first; here again we noticed the lofty, bright workrooms, no evidence of overcrowding, with ample window space. We were introduced to the cotton in its raw state and said good-bye to it as the finished article, and varied and interesting were the stages of its progress.

The machinery was of the most modern type, imported from Manchester, and our guide proudly informed us that this factory was the first one in Italy to instal a machine for extracting the dust from the raw material, thus doing away with a potent source of danger to the nose and bronchial tubes of the workers who have to handle cotton in its raw state.

Notices and posters were displayed in the factory forbidding the workers to expectorate about the place, and depicting the way disease, especially tuberculosis, is spread by this disgusting habit.

We could not afford to spend much time in the factory as we still had the Sanatorium to visit, one of the prettiest buildings and most up-to-date of the Sanatoria of Italy.

In the hall we were met by the Director, who gave a short account of the institution, which is named after Helen of Savoy, and was opened on July 1st, 1924.

Immediately after the war the necessity for an institution of this kind was felt, and a governing committee was formed with the co-operation of all classes of citizens. The construction of the Sanatorium was made possible by the help and interest of the workers and the generous donations of individuals.

The expense of working the Institution is covered by the interest on invested subscriptions, donations from employers and charitable associations, and the sympathetic support of the cotton workers themselves, who give a day's wage per year.

The work of the Sanatorium is reinforced by the Maritime and Mountain Colonies, and it is hoped shortly to complete an open-air school of Hygiene, where all classes of the community may be instructed in the laws of health and physical culture. There will then exist in Legnano a complete effort to combat tuberculosis consisting of all the necessary organisations united together and working harmoniously for the same noble end.

Health visitors assist and visit gratuitously the poor of Legnano, the disabled, the sick who live outside the Sanatorium, and the orphans and widows of the war. They also visit periodically those who have undergone treatment and have returned to their work.

The building consists of a central block of two storeys with side wings of one storey, and verandahs on the left for the women and right for the men. These verandahs are of a special type constructed so as to get a double exposure and the maximum of sunshine. A partition divides the two exposures, and when the sun has gone from one side of the building the partition is raised and the patients move their couches, which are on rails, to the other side.

The Sanatorium is built in a park, a l'anglaise, in the vicinity of a pine wood, of white stone on a base of red granite, which supports a floral verandah in front, the whole harmonising with the soft green of the surroundings. The white-robed Sisters fitting from one ward to another looked almost part of the decoration:

The wards are small, and contain 1, 2, 4 and 8 beds; the windows go the whole length of the ward and open on to a main balcony. Separate toilet fixtures, with hot and cold water, are provided for each patient, also a bedside table with a marble top which can be easily removed and cleaned. A lounge chair with a washable cover and flap pocket for putting soiled handkerchiefs into, stands by every bed.

Apart from the wards are the lavatories, baths—shower and otherwise—and supplies of antiseptic lotion for the dental toilet. I notice that the shapely hands of the Italians have been commented upon in THE BRITISH JOURNAL OF NURSING, and I should like to say how much I admired their beautiful teeth. I do not think that a popular advertisement, which states that four out of every five persons fall victims to dental disease, would apply in Italy.

The dining rooms are public, arranged with small tables to seat four. So many are set aside for the men, and so many for the women. The Medical Staff take their meals with the patients, in order to see that they take a requisite amount of food, and to maintain discipline. The Nursing Sisters, being a religious community, do not take their meals in public.

Two large halls serve as recreation rooms, and here all patients meet for lectures, concerts, cinemas, etc. The service departments are on the ground floor, and are reached by a staircase on either side of the building, one side for food and the other side for linen, thus reducing the possibility of infection to a minimum. A vast store for receiving, distributing and preparing the food adjoins the kitchen. All the utensils and fittings are of nickel; the sterilisation of table equipment is carried out by plunging successively into a 10 per cent. solution of soda at 50° and then 120° centigrade, and this is done immediately the patients have finished their meal and before the articles are returned to the kitchen. The linen, bedding and clothing of the patients is disinfected by formalin vaporisation.

The sputum flasks for use during the day are aluminium, numbered and easily cleaned and sterilised; those for use during the night are made of paraffined parchment and are destroyed with the sputum in the incinerator.

The technical part is controlled by a Director with three resident Medical Officers, and the Nursing and

[previous page](#)

[next page](#)