

to pursue similar methods regarding cancer of the uterus. The present memorandum indicates that in cancer of this site there appears to be a definite tendency towards a fall in the mortality rate. It points to the possibility of reducing the frequency of the disease by increased care before, during and after childbirth, and emphasises the favourable results of treatment when undertaken at an early stage of the disease. It would thus seem practicable to improve the survival rate through educative measures directed towards inducing a greater proportion of patients to seek effective treatment at an earlier stage.

#### SMALLPOX AMONG CASUALS.

The Minister of Health has issued directions to Boards of Guardians in relation to the effective control of smallpox among casuals which has been reported from different parts of the country. The circular states that the prevalence of the disease among this class of the population constitutes a grave danger to the public health and, if measures of control are not adopted, may result in the further spread of the disease.

It is therefore most important that effective arrangements should at once be made in all Unions to secure that any case of smallpox occurring in a casual ward shall be detected promptly and that all necessary measures should be adopted to prevent the spread of the disease by persons who frequent casual wards.

A circular letter of the 31st March, 1925, drew attention to the care that should be taken by the officer supervising the bathing of casuals with a view to the discovery of skin eruptions and other evidence of disease. The precautions have, however, in certain instances, proved ineffectual and, while inspection at the time of bathing should be continued and rendered as efficient as practicable, the Minister feels that, in view of the gravity of the situation, further action is required.

The Minister therefore hereby directs that the Medical Officer shall, from now until the 31st March next, examine with a view to detecting cases of smallpox all casuals admitted.

#### Medical Examination.

With the view of facilitating efficient medical inspection, the casuals should be stripped to the waist. The Medical Officer should give special attention to any skin eruption discovered in the course of this examination, and in the event of doubt concerning the diagnosis of any particular case he should at once inform the Medical Officer of Health of the district and request him to see the patient.

#### Treatment of Cases of Smallpox.

In the event of a case of smallpox being discovered, the Medical Officer of Health of the district should at once be informed in order that prompt arrangements may be made for the admission of the patient to a smallpox hospital. All contacts among casuals and staff who are not protected by recent vaccination should, without loss of time, be offered vaccination or revaccination. It should be remembered that casuals may be admitted while in the early stage of smallpox before the eruption has developed. All febrile conditions found among the casuals, especially if accompanied by symptoms resembling those of influenza, should therefore be regarded with suspicion, and the case should, if possible, be isolated until a definite diagnosis has been made.

“The protection afforded to the community by vaccination cannot be too strongly urged, and members of the Nursing Profession, both by precept and practice, may in this way do much to further the protection of the public against smallpox.

## HELIO THERAPY AS APPLIED TO THE CHILD.\*

BY DR. A. ROLLIER (LEYSIN).

The practice of heliotherapy is, in short, nothing but a return to the natural laws of existence, from which an excessive civilisation tends more and more to draw us away. The immutable laws of Nature have, in fact, taught us that, to live and develop normally, air and sun are as indispensable to the human being as to the plant. This is especially true of the child, that “human plant” of whom Michelet has said that “it is the one, of all others, which has most need of sunshine.”

To replace the child in his natural element, air and sunshine, such is, before everything else, the role of heliotherapy, which it is logical to apply as much to sick children as to those predisposed or in good health.

#### Sick Children.

What gives its value to heliotherapy is that it is at once a general and a local treatment. General because the sun, by its eminently tonic and vivifying power, stimulates the defences of the organism, increases vitality and regenerates the body; local because the solar radiations, thanks to their power of diminishing pain, destroying bacteria and producing sclerotic tissue, exercise a remarkable curative action upon seats of disease and wounds of various kinds.

Heliotherapy is indicated in all conditions of physical exhaustion (anæmia, asthenia, defective metabolism, etc.) in which the impoverished organism has need of reconstitution; it is the very best treatment for rickets and infantile tuberculosis, especially in its outward so-called “surgical” manifestations. These are not a purely local disease, susceptible to local treatment alone. Wherever their seat they are only local symptoms of general diathesis and their mode of evolution depends less on the virulence and number of centres than on the general defences of the organism attacked and its resistance.

To recover lost ground while healing the affected centres, such is the complex role of heliotherapy. Thousands of observations have proved that, in the case of children, the organism the most deteriorated by tuberculosis can be radically transformed under the influence of the sun-bath, if carefully administered and combined with the air-bath. In cases of infantile surgical tuberculosis one sees regularly a complete uplift of the general condition parallel with the progressive healing of the infected centres, whether osteous, articular, glandular, peritoneal or cutaneous. Solar action on these centres is by no means superficial, as has sometimes been asserted. I have nearly forty thousand radiographic negatives showing conclusively that there is no tubercular lesion, however deep, which escapes the influence of the solar rays. In numerous cases of infantile osteo-arthritis, showing advanced destruction, the power radiation for the reconstruction and osseous recalcification may go so far as “*restitutio ad integrum*.” This reconstitution of the skeleton, moreover, is not confined to tuberculosis; it is frequent in all cases of rickets. I have drawn attention to this property of the sun since the beginning of my work (1903), and pointed out the favourable results obtained by heliotherapy in the case of ricketty children. The question has been taken up during recent years by numerous authors among others: Hess of New York and his collaborators, Pappenheimer and Ungern, whose experiments have shown conclusively the increase of calcium and phosphorus in the blood under the influence of solar light.

Among the general effects which the sun-bath produces

\* A Report presented at the First General Congress for Child Welfare, Geneva. (Translation.)

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