

Of these 230 patients 138 or 68.7 per cent. improved to such an extent that the noises no longer troubled them or ceased altogether.

One word before I finish. In a paper published in *The Lancet* of February 6th, 1932, my friend, Mr. Keen of Leicester has called attention to the Zund-Burguet treatment when applied to what is known as Ménière's Disease. Ménière's Disease is a collection of symptoms (what is now termed a syndrome) of which the most prominent is sudden giddiness accompanied by deafness generally unilateral and noises in the head and sickness. Let me quote what he writes in his concluding paragraph:

"Serious labyrinthine operations are sometimes advised when a patient is found to suffer from incurable vertigo, or remains subject to constant attacks for years. I submit that no case should ever be allowed to undergo operation until the Zund-Burguet electrophonoid treatment has been given a thorough trial. In my experience it has proved to be a most valuable remedy for the relief and cure of the Ménière syndrome."

From my own successful experience of the treatment of Ménière's syndrome by the Zund-Burguet Electrophone I fully concur with this opinion.

## THE PUBLIC HEALTH.

### NUTRITION.

Two important Reports have been issued by the Minister of Health on the subject of Nutrition made by the Advisory Committee on Nutrition, of which Professor Major Greenwood, D.Sc., F.R.C.P., F.R.S., is the Chairman, the first being a Report on Diets in Poor Law Children's Homes and the second a Memorandum on the Criticism and Improvement of Diets.

1. The first Report is of special interest to Poor Law Authorities, but it is hoped that the information and suggestions which it contains will be of value not only to those Authorities but also, in conjunction with the tables of equivalence given in the second Report, to others concerned with the feeding of either adults or children in institutions.

2. The second Report is intended to provide suggestions for Medical Officers of Health and others in advising upon the nutritional value of diets whether for individuals or for institutions. The suggestions are based on the assumption that the diet of normal persons is in question, and aim at a sound general standard of nutrition.

These Reports may be purchased directly from His Majesty's Stationery Office at Adastral House, Kingsway, London, W.C.2 or through any Bookseller, price 3d. net.

On the Criticism and Improvement of Diets the Committee say:—

(1) To discover whether a diet is satisfactory we must know if it supplies necessary amounts per "man" of (i) calories, (ii) first class proteins, (iii) mineral matter, and (iv) vitamins (paragraph 4).

(2) For this, quantitative data as regards intake are necessary and also the number, ages and sex of the recipients of the diet (paragraph 5).

(3) To be satisfactory the diet must yield 3,000 Calories per day per "man" and contain 37 grammes of animal protein. Women and children need proportionately less. The relations of protein, fat and carbohydrate must be satisfactory (paragraphs 15—22).

(4) It must also supply mineral matter (of which calcium, phosphorus, iron and iodine are the most important elements) and vitamins A, B, C and D (of which the most likely to be lacking is D, followed by A and then C) (paragraphs 23—34).

(5) These are best supplied in the "protective foods," i.e. milk and milk products, fish (especially fat fish and

fish roes), liver, eggs, fresh fruit and fresh salad vegetables (paragraphs 24—25).

(6) Only when the diet satisfies all these essentials can it be considered satisfactory. No defect in one essential can be compensated by excess in another (paragraph 35).

### THE CONTROL OF MALARIA.

The report of the Industrial Anti-Malarial Advisory Committee of the Ross Institute of a meeting held in London on January 14th to discuss measures for the control of malaria on practical and scientific lines has now been issued.

Mr. G. H. Masefield, the Chairman of the Committee, referred to a statement made by the late Sir Andrew Balfour in 1926, that the annual deaths from malaria came to upwards of 2,000,000, and said that, as the death-rate from this cause was probably three to four per 1,000, it followed that 650,000,000 people suffered from the disease throughout the world, or very nearly a third of the human race. When he himself first visited Malaya he was amazed to find that towns such as Port Swettenham and Klang were free from malaria, and it was only then that he began to realise what vast strides had been made in malaria control under Sir Malcolm Watson.

Mr. P. J. Parker, of the Roan Antelope Copper Mines, said that, when operations were begun in Rhodesia in 1925, the reputation of the area for disease was so bad that it was difficult to get even the hard-bitten European and South African miner to go there. Since 1929, when a scheme was drawn up with the help of the Ross Institute, the improvement had been remarkable. Mosquito nets were no longer necessary. The social status of the mines had undergone a complete change; the best type of white miner came freely, and there was abundant healthy native labour.

Sir Malcolm Watson stated that figures for November last showed that among the white population malaria cases had been reduced to under five per 1,000; he would not be satisfied until there was a 100 per cent. success.

### THE BIRTH OF THE ROYAL RED CROSS.

TAKEN FROM "THE LIFE AND CORRESPONDENCE OF THE RT. HON. HUGH CULLING EARDLEY CHILDERS." BY LIEUT.-COL. SPENCER CHILDERS. Vol. II. Chap. xii. Pages 139—144. Published 1901.

... Almost the last act Mr. Childers performed, before leaving the War Office, was to draft a Royal Warrant for the establishment of the Royal Red Cross for Nurses. The history of the institution of this decoration is interesting.

To Sir Henry Ponsonby,

War Office, March 17th, 1882.

My attention was called last year to the services rendered to the sick and wounded, both during the Zulu and Transvaal Wars, by the Bloemfontein Sisters, and a communication was sent to them thanking them for their zeal, self-sacrifice, and devotion. The late principal medical officer had reported that their work was most indefatigably performed, their devotion and self-sacrifice beyond all praise, and their skill and tact of the greatest value to himself and the other medical officers during a very trying time. I did not at the time bring the services of these ladies under her Majesty's notice, and the letter of commendation and thanks did not contain the Queen's name; but I have every reason to believe that some expression of her Majesty's gracious notice and approval of their work would be greatly appreciated by these ladies, and I should be very glad if I may be permitted to convey such a message to them.

Her Majesty's attention having thus been directed to the work of the Bloemfontein Sisters, the Queen did not allow the subject to escape her memory; and, six months

[previous page](#)

[next page](#)