

This completed the tour of the great Headquarter Warehouses, White Hart Street.

We were then driven by motor car to the Headquarter Offices, Imperial Court, Kennington Lane, where our untiring hostess conducted us through the portico of this fine eighteenth-century building and its stately entrance, to the beautiful Board Room, where a splendid spread of dainty refreshments awaited us, which were the more enjoyed for our knowledge of their high standard of quality. We were here privileged to meet Mr. F. Benson, C.B.E., General Manager of the Navy, Army and Air Force Institutes, whose sympathetic concern for the welfare of the soldiers is well known, since he was the General Manager of a former Society, "The Canteen and Mess Co-operative Society," which "aimed at providing some kind of comfort for men other than that supplied by the ordinary wet canteen, and was the true organisation ultimately responsible for a complete revolution in the social conditions of life in the Forces."

On leaving Imperial Court we were conducted to Wellington Barracks to see the typical institute.

It was here explained that wherever there is a Barrack or Camp stationed throughout the country, a Navy, Army and Air Force Institute is established, where the men may buy whatever they require in the way of refreshments, snacks, square meals, haberdashery, stationery, etc. These Institutes cater for the men's individual requirements outside their rations, and have no connection with the ordinary meals provided in the regimental mess-rooms.

At Wellington Barracks, it was of great interest to realise the splendid organisation for the men's well-being. The Restaurant only is staffed by women—a Manageress, Cook, one or two Counterhands and Kitchenmaid is an average staff. The comfort and cleanliness were everywhere evident; the cakestand at the Tuck Bar was attractively arranged with all kinds of cakes, sweetmeats, fruit, cigarettes, etc.

A very savoury supper of delicious variety was in process of cooking for the evening; a choice of beefsteak pudding, sausages, steak and onions, vegetables. A hot supper can be bought for 3d. or 4d.

We then visited the Library, equipped with comfortable chairs, tables for writing, and couches.

The Billiard Room and Gymnasium completed the tour, the latter being gaily decorated for a dance to be held that evening.

Perhaps the most striking evidence of the value of comfortable quarters and well cooked and served food, under the supervision of the Superintendent, Miss Crichton, who organised the Women Staff from its inception, is the fact of the increasing sobriety of the men, shown by the sale of beer, which in 1912 was 43.00 per cent., of the total turnover decreasing yearly until in 1929 it was 9.01 per cent.

The staffs of the Institutes are well cared for by the corporation, two hours off duty time daily is granted; there is welfare supervision, and a Pension Scheme is open to staff who have completed three years' service. We learn that about 57 per cent. staff resigned in 1931 owing to marriage.

Time had passed well into evening when, with grateful thanks, we took our leave of our delightful hostess, Miss Crichton, to whom we could not express too warmly our gratitude for the infinite pains she had taken on our behalf, and for all the valuable instruction gained in learning something of the splendid work carried on by the N.A.A.F.I.

When it is remembered that the canteen of the past, the only recognised place for social intercourse after the day's work was done, was a kind of inferior public house, run by ordinary tradesmen for profit, we are filled with admiration for the great reform which has been made possible by the organisation of the Corporation of the N.A.A.F.I., which is a Company, registered under the Companies Acts, as

trading not for profit, that it has no shareholders, and does not pay dividends, that nobody apart from the men of the Services themselves, has any financial interest in the business at all, and the troublesome element of private gain has been entirely eliminated.

We feel that the General Manager, Mr. F. C. Benson, C.B.E., who has the interest of the men so much at heart, and those associated with the inspiration of this unique organisation have rendered a great and lasting service to the Empire.

ALICE STEWART BRYSON.

THE PUBLIC HEALTH.

NUTRITION.

The Secretary to the Minister of Health announces that Professor Sir F. Gowland Hopkins, D.Sc., F.R.C.P., P.R.S., Professor E. P. Cathcart, C.B.E., D.Sc., M.D., F.R.S., and Professor Edward Mellanby, M.D., F.R.C.P., F.R.S., as physiologists representing the Minister's Advisory Committee on Nutrition, will confer with Professor V. H. Mottram, M.A., Professor S. J. Cowell, M.A., M.B., B.Ch., M.R.C.P. and G. P. Crowden, Esq., M.Sc., M.R.C.S., L.R.C.P., as physiologists representing the British Medical Association Committee on Nutrition in regard to the differences which appear to exist between the two Committees on the question of the amount of calories and first class protein appropriate as a basis for suitable diets.

CEREBRO-SPINAL FEVER.

A considerable number of individual records of cases of cerebro-spinal fever treated with antimeningococcus serum has now been collected at the Ministry of Health in consequence of the request addressed by the Ministry to medical officers of health, hospital medical officers and medical practitioners, to which publicity was given in the medical press in January of last year. The request was made in order to obtain material to assess, in terms of case mortality and clinical course, the results obtained from the use of the several antimeningococcus serums employed in this country at the present time. It was based on a memorandum ("Administration of antimeningococcus serum in cases of Cerebro-Spinal Fever," Ministry of Health, March, 1932), in which stress was laid upon the importance of the following considerations in serum treatment:—

- (1) As soon as the patient is suspected on clinical grounds to be suffering from cerebro-spinal fever, lumbar puncture should be performed; serum should be injected intrathecally without waiting for bacteriological confirmation;
- (2) the intrathecal doses given should ordinarily be in the region of 30 c.c. (concentrated serum 10 c.c.);
- (3) the injection should be repeated every 24 hours over at least three or four days or until convalescence is obviously established.

Particulars have now been received of 811 cases treated in this way. Although this number is insufficient to justify a final conclusion, nevertheless, in view of the doubts sometimes expressed as to the utility of any kind of antimeningococcal serum, it is noteworthy that the case mortality in the 811 serum treated cases is relatively low—26.9 per cent. at all ages—and to this extent is encouraging. The Ministry of Health desire that it should be made known that the enquiry is still proceeding, and it is hoped that the medical officers and practitioners concerned will continue to aid the department by completing the record forms which are sent out in respect of notified cases of this disease. It is only by the collection of sufficient numbers of cases in which serum treatment has been given on the lines above indicated that any satisfactory assessment of the effect of different serums can be made.

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