

Milk becomes very nauseating to some people, but any alteration in the diet must be left to the doctor. The quantity of each feed is gradually increased day by day as ordered until in about six weeks the patient is consuming six or seven pints daily. The diet is then gradually improved by the addition of Benger's food, liver soup, egg flip, arrowroot, bananas or strawberries, rusks, milk tea, pounded, boiled whitefish, and chicken. All this takes about three months and in severe cases may require six months or more, while a year or so should elapse before red meat is attempted. This appears drastic and I can assure you it is so but the results make it worth while, for the disease is a very deadly one.

I have yet to be convinced that it is anything like a certain cure, and up to the present we have nothing which can supplant the unremitting care and attention of a capable nurse.

A REVIEW OF THE WORK CARRIED OUT AT THE HOSPITAL FOR TROPICAL DISEASES

Endsleigh Gardens, London W. C. I.

SENT BY MRS. CHESNEY.

A Review of 1927

FRESH proof of the need for the Special Hospital, and increasing demands for beds is a matter of satisfaction to the Seamen's Hospital Society. The patients come representing every walk in life in the Tropical Colonies and Foreign States, from remote islands in the Pacific Ocean, isolated up-country stations, thriving industrial centres and richly cultivated districts, alike productive of the Empire's wealth.

The skill of the physicians, aided by an expert Nursing staff, new treatments, special diets, combine to restore the sick patient to health; the average period of In-patient treatment was further reduced, resulting in the corresponding reduction in the cost of treatment to the patient.

Out of 635 patients admitted—

99	suffered from Sprue,
90	„ Dysentery,
48	„ Malaria.

Bilharzia, Kala-Azar, Hepatitis, Helminthic disease, Filariasis, Oriental sores, Undulant Fever, Elephantiasis, were among other frequent cases admitted.

The special feature of this Hospital, the provision of Private Rooms and Wards, has been much appreciated.

442 Europeans (male)
 115 „ (female)
 12 „ (children)
 10 Non-European persons of both sexes

were treated, while 56 seamen, of whom 24 were coloured, were treated in the General Wards.

The convenience and comfort of patients, European and non-European is well understood, and adequate arrangements exist to meet every demand. This is especially appreciated by non-European visitors to London who have need of this special treatment. Radiograms from the High Seas asking for accommodation are not infrequent, and the patient is met by ambulance at the ship's berth.

The Out-Patient Department, opened during the year for the convenience of people unable to afford the fees of a Consulting Room and who do not know of a doctor skilled to diagnose a Tropical disease, is quickly growing; inoculations, blood slides, and other Laboratory tests and physical examinations are daily carried out. Many doctors send their patients direct to the Hospital for its advice.

The Patients admitted, recorded *under Countries of Birth*, well illustrate the influence of the Great Empire.

From countries in the Empire came—

British Isles	...	...	...	452 patients
India	...	...	...	8 „
Burma	...	...	...	5 „
Ceylon	...	...	...	8 „
Australia	...	...	...	11 „
New Zealand	...	...	...	2 „
Canada	...	...	...	5 „
Africa	...	...	...	18 „
B. Guiana	...	...	...	3 „
B. W. I.	...	...	...	5 „

and from Foreign States—

Europe	...	...	...	12 patients
Asia	...	...	...	14 „
Liberia	...	...	...	1 „
America (N)	...	...	...	11 „
„ (S)	...	...	...	8 „

To Burma and Ceylon deep gratitude is recorded for further endowments for beds—in each case their second bed. Continuing financial support for the Tropical work enables people returned home, broken down in health, to find treatment at the reasonable cost they can afford; the number of people, hearing of the successful work and applying for admission, makes such generous support well given and spent: such generosity will not relax—need of it is never out of mind of those whose interest is the welfare of the sick.

To Mr. Samuel Samuels the Hospital is indebted for the gift of Artificial Sunlight equipment, and to many others who have shown their generosity in other ways.

The comfort of the patient also has not been overlooked. With the help of Miss Lloyd, the Matron, all the private rooms have been re-decorated—the fresh paint, pleasant colours and good lighting will all assist in the recovery to health. Owing to the kindness of friends in the P. & O. Co., Bael fruit and Paw-Paw fruit are now brought home, and make a pleasant addition to the restricted Sprue diet; this kind thought is more than appreciated.

Miss Hayden, the Matron, who made many friends among the patients, left during the year to become Matron of the Society's Head-quarter Hospital at Greenwich, while Miss Lloyd succeeded her, and has already entered fully into the spirit of the Stanley Maude Ward. Two of the Medical Staff have left, one going to the South Sea Islands, the other to the British Hospital at Port Said.

Trained Nurses, working or about to work in the Tropics, have fully taken advantage of the facilities Matron gives to learn Tropical Nursing.

In this Hospital has been proved the efficacy of Bayer 205 in the treatment of sleeping sickness—the deadly scourge of Central Africa. Proof has been seen of the potency and beneficial effect of Plasmoquine Compound upon the malaria parasite. The process of Yatren lavage in conjunction with the administration of Emetine-Bismuth-Iodide has been successful in cases of Amoebic Dysentery. The technique of the treatment of Liver Abscess by aspiration has been so perfected as to obviate in a number of cases the necessity for major operation. The evolution of treatment by blood transfusion in conjunction with an elaborate dietary makes it possible to offer now to those far advanced in sprue a better hope of recovery than ever before.

Everyone comes to the Hospital. In one morning personal enquiries from Honolulu, Peru, Senegal and India were dealt with; while one lady, having landed the previous day off the S. S. "Berengaria," and sailed the following day for Cape Town, came to the Hospital for examination before going to the Tropics again.

A table of some of the patients by their occupation will illustrate this:

Members of the Indian Government Services	...	64
Members of the Colonial Office Services	...	34
Rubber Planters		12
Other Planters		29
Engineers		57
Engineers (Oil only)		7
Missionaries		39
Bankers		7
Telegraphists		13
Sailors (Officers and others)		101

and the wives and children of people all over the world; and, lastly, treatment is given to ex-service officers and men who still suffer from Dysentery, etc, contracted in the Great War, under the auspices of the Ministry of Pensions.

For the convenience of travellers from the East, seriously ill with a Tropical disease, a sister Hospital, Queen Alexandra's Memorial Hospital at Marseilles, with an English staff, presents an opportunity to recuperate from the fatigue of the journey before coming to the Tropical Hospital in London.

Radiograms—Brithospital, Marseilles.

By showing this to someone either in the Tropics or returned home, an opportunity to do someone a kindness which may be gratefully remembered, occurs to everyone who sees this Review.

The Hospital is a voluntary one—an establishment of the Seamen's Hospital Society—and relies on generous support of subscribers and those who send donations, great and small.

The influence of Restfulness.—Restful people may seem dull and uninteresting, but their very restfulness carries with it an influence. This is an age of bustle and confusion, hurrying here scurrying there, and people frequently smile at these quiet, steady-going people. But what we agree that they are pleasant are they not also restful—restful to others who are bustling about, so occupied as to seem to have no time for repose. There is something refreshing about their manner, their tranquil talk. They know something of what is going on of course; but there are so many things into which they have entered only slightly. And when you talk of these things of which they know so little, their remarks cause you to think and to ask yourself whether there is so much in the hurly-burly as you had imagined. Is it worth while?

You must go through it, perhaps: your living depends on it, but you go away with the feeling that you would like to pass an hour or two with them more frequently. That afternoon visit with a cup of tea, has been very restful, and has given you fresh energy, and has helped you to take a more rational view of life. They enjoy life, those simple "slow" out-of-date people. They have their troubles, which they bear bravely. They have a mission if we could only see it. To come in contact with them is like pouring of oil on troubled waters.