

milk, 0 ii=740 calories; milk, 0 i=23 calories; cream, oz.i=62 calories; lactose, grams.i=4 calories; eggs, i=80 calories; yolk=30 calories; white=50 calories; butter, oz. i=225 calories; crackers, iv=50 calories; mashed potato, tablespoonfuls iv=100 calories, oz.i=50 calories (if cream or butter added, amount to be charted); apple sauce, iv tablespoonfuls=100 calories; stewed prunes, iv=100 calories.—MARION OOTTMAN Bellevue Hospital, New York City. In the *American Journal of Nursing*.

SANATORIUM FOR CONSUMPTIVES, ALMORA.

THE Sanatorium for Consumptives, Almora, was built in consequence of the steadily increasing demand which was made by Missionaries in the plains on the Missionaries in Almora to make arrangements for patients whom it was thought desirable to send there. For the last 25 years in my own knowledge Almora has had a reputation as the best climate in North India for consumptives, and I have known during those years of several cases being sent there with good results. The London Mission has for years past received such patients, for whom no other arrangement could be made, into its Zenana Hospital there, and some years ago enlarged the Hospital specially for these patients, but as the numbers sent up increased it was felt that some separate provision must be made for the sake of the patients themselves, for the Mission Hospital is in the midst of the Mission quarter, which is densely populated with children and young people, and infectious diseases, such as measles and whooping cough, are often prevalent; and also for the sake of the Mission and its proper medical work, which was hampered by the presence of so many consumptive patients. Miss Budden and Miss Shephard, therefore, set to work to raise money and to get Government assistance with the result that ground, a building grant, and a grant for a doctor's salary were obtained from Government and sufficient money raised by private subscription to make it possible to build a doctor's house and a hospital to accommodate about 30 patients.

The Sanatorium building is of two storeys with 10 feet verandahs on all sides and central rooms. The patients live on the verandahs day and night and the rooms are used for dressing in and are necessary because when there is heavy rain some one or other of the verandahs becomes uninhabitable owing to the fact that the rain is nearly always accompanied by a strong wind.

The patients who have been sent have hitherto been, with two exceptions, Indian Christians: this was to be expected, as the difficulties

connected with a long journey and a prolonged residence away from home would be much greater for non-Christians, but it has always been the intention to receive anyone who was willing to comply with necessary conditions.

The patients have come from all parts of Northern India, from Poona, Bombay, and Rawalpindi, in the west, to Calcutta in the east, and they have represented most classes in the Indian Christian community. Girls from Orphanages, Middle and High Schools and Colleges, Teachers in Schools and Zenanas; Bible Women, Nurses, and Mothers of families. Some have been paid for by the Missions with which they were connected, some by their own relations.

Patients have been sent up in all stages, but people are very slowly learning the necessity of sending them at the earliest possible moment.

During the 4 years 1908-1911 there have been in all 124 patients treated in the sanatorium; of these

13 were non tubercular.

18 died, 9 in the first year, 3 in each succeeding year.

48 were discharged as cured.

27 left more or less improved.

18 remained under treatment at the end of 1911.

Of permanent results with regard to patients discharged during 1911, of course, nothing can be said.

Of those discharged as cured during the previous three years—

1 Died of acute intestinal obstruction, whether due to tubercular conditions or not is not known.

1 Relapsed and returned to the Sanatorium for treatment, and was again discharged as cured at the end of 1910 and was known to be well in the early part of 1911, but I was unable to get information about her at the end of the year.

The remainder were all well and in active work of some kind at the end of 1911.

Of the 22 who were discharged during the three years as more or less improved, all of whom took their discharge knowing they were not fit to go, and most of them in direct defiance of advice given—

7 are dead.

4 are steadily getting worse.

11 are apparently maintaining the improvement which had been achieved during their stay in Almora.

The treatment has consisted in (1) continuous life in the open air, the patients living, sleeping, and eating on the verandahs.

(2) A generous diet with a large quantity of milk.

(3) Carefully regulated rest and exercise.

(4) Administration of Cod-liver oil and creasote to almost all patients, and inhalations, continuous in case of bed patients and during several hours of each day for the others.

The present building has been quite full during the hot seasons of the last three years and there is great need for extensions.

There is ample room for more buildings on the ground but I do not think it would be possible for more patients to be properly supervised by one doctor. If provision could be found for a second European on the staff, either a doctor or nurse, it would be possible to very considerably extend the work.

The immediate need is to my mind—

(1) A set of buildings for non-Christian Indians where each could have some female relation with her and could make her own cooking arrangements but be under the direct supervision and protection of the staff.

(2) A building for European women where anyone who is unable to take a house for herself could be provided for at a moderate expense. I think that whatever provision may be made by the King Edward VII. Memorial Funds, there will be women for whom our provision will be more suitable than such as will be found in a Government Sanatorium.

MARY E. PAILTHORPE. M. B., B. S.

ENGLAND'S BURNING QUESTION OF WOMEN'S SUFFRAGE.

OUR readers may not endorse the militant methods lately adopted by our brave rioters of the Women's Social and Political Union, but one must admire the courageous spirit which prompts ladies of culture to actions so against their tastes and instincts, and to be willing to suffer for the same. Someone has said if you do not "shout loud enough," the crowd will not hear you, and all great reforms have required fighting to bring them about, and often defiance of law and order, *e.g.*, the liberation of American slaves, establishment of protestantism, religious liberty, etc. Thus our friends of the militant societies feel that nothing short of the sword, metaphorically speaking, will put an end to such abominations as the unfair divorce laws, the white slave traffic, so shocking and appalling in civilized countries, the exploitation of young girls, and the moral destruction of child-life. And how literally does the "sword pierce their own heart"! For this one must accord honour where honour is due, remembering it is no light thing to forfeit the good opinion of friends, loss of appointment and means of