

LETTERS TO THE EDITOR

The editor is not responsible for opinions expressed in this department. All communications must be accompanied by the name and address of the writer.

A SUGGESTION

DEAR EDITOR: One of our doctors told me, not long ago, that if I ever got into a place where I needed to prepare a hypodermic quickly and had a urotropine tablet with me, I could set it on something metal, put a match to it and it would burn long enough to boil the teaspoonful of water required without blackening the spoon.

Colorado

S. S. H.

OCCUPATIONAL DISEASES

DEAR EDITOR: Will any nurse who has information or experience in dealing with occupational diseases resulting from telegraphy relate the same through the columns of the JOURNAL?

Georgia

J. V.

A SUMMER CAMP AT CAPE HENRY

DEAR EDITOR: I have thought that some information in regard to the work done at the Children's Summer Camp at Cape Henry, Virginia, might prove interesting. This work is under the control of the Anti-Tuberculosis League of Norfolk. The funds for the work are collected from the sale of Red Cross stamps.

When the secretary asked me to take charge of the Camp I hesitated as it was different from anything that I had previously done. The repairs necessary each year for dwellings on the ocean front I attended to first. Then the winter's accumulation of sand had to be shoveled out. The dampness rusts the screens and locks so badly that new ones are needed nearly every year. When these things had been done, servants secured, supplies laid in, I reported to the secretary that we were ready to open Camp.

The secretary selected the children and brought them down on June 11. They ranged in age from 6 to 12 years. Both sexes were taken; there being six boys and eight girls. All had been directly exposed to tuberculosis though none had it in an active form. All the children came from very poor homes, most of them not having enough to eat during the winter months.

After three months at the sea-side they report at the Clinic for Consumptives regularly during the winter. Visits to their homes are made by the visiting nurse employed by the dispensary. The building up during the summer is watched for its corresponding results in health, increased mental activity, etc. Good, nourishing food was given these children three times a day, plenty of fruit allowed, but no candy nor rich pastry.

The children rise between 6 and 7 a.m. and retire at 8 p.m. They were always ready to get up when the rising bell sounded and generally were asleep within fifteen minutes after going to bed.

It was a real pleasure to see faces round out, coughs cease and fatigue disappear as rest, food and sea air did their work. Two ocean baths a day were

allowed when the weather was suitable, ranging in length from ten to thirty minutes. The children learned to swim and float and were always eager for bathing time.

When possible, the secretary came down to the camp once a week and went in bathing with the children, to their great delight. The cottage was right on the beach. It had three medium sized bedrooms and one dormitory for girls upstairs. Downstairs were the matron's room, dining room, living room, kitchen, pantry and servants' rooms. Outside were two bath houses, one for the girls and one for the boys.

Everything was free to these children, good behavior being the only passport required. The Camp closed on September 12. The record for the season's work was very satisfactory, the children having gained from four to twelve pounds each. There was no sickness during the summer.

Virginia

JESSIE S. FRANKLIN, R.N.

(A letter from "A. L." cannot be printed or answered as no name and address accompany it. Ed.)



A PLEASANT MEDICINE