

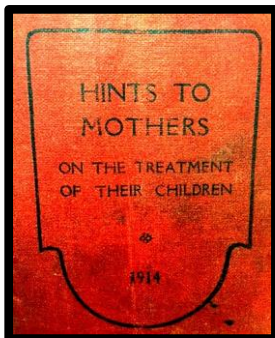
## February 2016 – Surgery Newsletter



At the time of writing it is only just starting to feel a little chilly outside. I wonder if our mild winter has come to an end? You will know by the time you read this. Due to this mild weather, the NHS seems to have coped so far and we thank all our patients for using the NHS services responsibly. We have struggled to maintain our non-urgent appointment waiting times as is usual during December and January, but did manage to find and employ a locum GP (Dr Muckart) to try to alleviate this as much as possible. However any urgent medical needs will as always be seen the same day following the on call doctor triage system we have in place.

Having sadly lost a very close Aunt, I was going through some old items with my Mum. We came across a 102 year old book which gives an excellent insight into how children were looked after medically a century ago, well before the NHS. We were surprised just how much is still relevant today as self-care again becomes important as our NHS resources are being squeezed more and more. You will find the first article below which is copied from the beginning of the book and sets the scene. I will work through the medical conditions in alphabetical order as they appear in the book itself throughout the year. Enjoy!

This month's meeting of the Great Bentley Surgery **Patient Participation Group** will be meeting on **Thursday 18<sup>th</sup> February 2016 at 6.30pm** at the Great Bentley Village Hall.



### **HINTS TO MOTHERS ON THE TREATMENT OF THEIR CHILDREN 1914**

#### **Preface**

*In compiling this little work, the writer had endeavoured to give, in the most simple form possible, a few hints as to the best course to be pursued in those cases of illness and accident to which children are most liable. Whenever serious symptoms occur, a medical man should at once be called in. Childrens ailments develop so quickly that no time should be lost. A few simple instructions are here given as to the proper course of action pending the doctor's arrival.*

#### **The Nursery and general instructions of the care of children**

*The greatest of all gifts that the Almighty can bestow upon you is your baby. It is your duty to sacrifice yourself – to give your whole thought to the well being of the charge that is entrusted to you. First and foremost – it should always be borne in mind that cleanliness of the body and of the house. Remember also that fresh air and exercise are absolutely essential to the health of your child. Make your child obedient in all things. A disobedient child can never be trusted, and so necessitates extra supervision. Always be careful that your children are properly clothed. Flannel is, in most cases, preferable to any other material for underclothing. Strict attention should be paid to the ventilation of all rooms used by the children; a high fire-guard should be placed before the fireplace. The nursery should be covered with oilcloth which can be easily cleaned. This is far preferable to carpets and rugs, which harbour dirt. Always have the name and address of your doctor fixed on the nursery wall; in case of illness, send for him at once.*

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I hope it goes without saying, but these days home visits are only for housebound adults as children can always be brought in to the surgery!