women willing to serve humanity in "terms of their own sex," he showed that the union of the visiting nurse and the mother would afford a proper safeguard of the home, under Red Cross assistance, for no work of social relief could be better suited to the Red Cross organizations in times of peace than child welfare work. That "preventive medicine" should form the subject of a distinct section in the Public Health Department of the League of Red Cross Societies was not a contention that could raise any dissent. Preventive medicine belonged to every class of social health work and provided, as it were, the armoury whence the scientific means for this crusade could be obtained. There could not be an efficient preventive service without Red Cross laboratories placed at the disposal of the medical practitioner—in far greater number than they were at present available.

But perhaps the greatest Red Cross task would be that of education, a task for which literature, lectureships, health libraries, demonstration museums would be required, principally in those unfortunate countries which lagged in the rear of civilization in all matters connected with hygiene, sanitation and clean housing.

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Travel.

FROM MACEDONIA BY OVERLAND ROUTE.

BY COLONEL S. F. CLARK.

Army Medical Service (Retired pay).

There was decidedly a certain liveliness in the Eastern Mediterranean while the submarine campaign lasted, and one often read in Salonika Force Orders that letters or parcels of such and such a date "had been lost through enemy action." Food and material shared the same fate at times, unannounced, and ships did much intricate navigation among the isles of Greece in order to baffle the U boats. For a long time all travellers to or from Macedonia had to run the gauntlet by sea via Salonika, and were greeted or-farewelled there by the cheerless sight of a torpedoed ship beached just outside the boom, but the completion of a new railway line enabled a greatly shortened sea passage to be used. Before this privileged persons had occasionally journeyed by motor car to Santa Quaranta and there taken ship, but this consumed too much petrol for ordinary use.

A note on a trip by the shortened sea route which came into general use for all ranks in 1917, with happenings by the way, may interest some readers.

At noon on April 6, 1918, I left Salonika by rail for England, and next morning arrived at Bralo, a new branch line terminus, where a rest camp for troops in transit was located. The line from Salonika to some extent followed the route taken by the army of Xerxes in his invasion of Greece; it skirted the sea base of Olympus, traversed the beautiful Vale of Tempe, touched
at Larissa, and went through the pass of Thermopylae. I was the only passenger for home, and was not surprised to find that owing to the heavy fighting in France much uncertainty prevailed at Bralo as to my chances of getting any further. A wire from the base, however, caused me to be added at short notice to a small party which was detailed to go on, so at noon on the 8th we started for the next halting place—Itica. This stage had to be done by road, and we were carried in a convoy of motor lorries which plied between the two camps. The mountain range belonging to Parnassus, whose lofty white peaks almost cast their shadows on Bralo, had to be crossed, and this was made possible by the efforts of British labour companies and of large gangs of local workers who were still employed on the road which they had widened and improved. The drive was through fine scenery, up and up slowly on a zig-zag course until the crest of the ridge was gained, from which the lorries lumbered down on the other side to level ground near Amphissa, where extensive groves of olive trees were traversed. After a four and a half hours' run from Bralo we reached Itea, where we again found much uncertainty as to our next move, as no British ships were expected to arrive.

The camp was near the sea, on the Gulf of Corinth, which looked quite land-locked, and the view that evening lingers in one's memory. To the south was the calm blue water of the gulf, in which a few small islands were picturesquely set, and on its edge were the village of Itea and the hamlet of Kirya. Across the water stood the snow-capped mountains of Morea, silhouetted sharply against the blue sky, with light fleecy clouds floating lazily below their tops. To the east was the plain on which the Pythian games were held, now dark with olive groves or else chequered in squares of green where the young barley was springing, or of brown with black spots, marking the newly turned soil of vineyards dotted by the leafless vines. This area was ended abruptly by rocky hills whose spurs ran down to the sea one behind the other. To the north of these heights and separated from them by a great gorge rose the still loftier crests of the Phocian Alps, dominated by Parnassus, the home of Apollo and the Muses. Here was the main interest of the scene, for high on the southern slopes of the range lay two small villages; one was Chryssos, picturesque but unknown, but the other, perched almost on the edge of the gorge, marked the site of the Oracle of Delphi.

Mythology has it that Apollo founded the Oracle, but his human agents knew the importance of the effect of one's surroundings on the mind, for the place was shrewdly chosen to create a properly receptive atmosphere in all who came to it for inspired information and advice. Pilgrims arriving by water, who stepped ashore at Kirya, and those who journeyed by the passes and valleys of the land, could not fail to be impressed by the physical effort needed to gain their objective, and by the grandeur of the mountains and the blue beauty of the sea. The fame of the Oracle must have been
From Macedonia by Overland Route

enhanced not a little by its setting, and also by the belief that it marked the centre of the earth.

Who would have thought that war between England and Germany would bring British officers to Delphi?

Our party consisted of two medical officers of mature years and half a dozen infantry subalterns—young and cheerful—and all eagerly seized the chance of visiting Delphi which was afforded next morning by a lorry going to Chryssos on duty. It took us to that village and back, while the rest of the journey was done on foot. All the way the wealth of flowers was wonderful—they grew everywhere, on the roadside and among the rocks and stones of the hill, in the greatest profusion and variety. There were daisies and dog daisies, poppies of the loudest scarlet, anemones of various colours, white and mauve scabious, pimpernels red and blue, furse, snapdragon and yellow rods, spiderwort and stars of Bethlehem, wild sweet pea, mallows, little yellow asters, and many another that we could not name, pink and blue, yellow and white, beautiful to see, and with their sweetness not altogether wasted.

From Chryssos we began the rough and uphill walk along the stony mountain path to Delphi, two and a half kilometres away, and about half way we sat down in a row to rest and to view the scene. The Baedeker which the camp commandant had kindly lent was produced, and was given to the subaltern on the right of the line to read aloud, but it quickly reached the older men on the left, for the long Greek proper names defeated the youngsters one after the other, and as each man crashed he handed the book to his neighbour hurriedly. The left of the line held firm, however, and concluded a very amusing "turn."

Anon we reached the modern village of Delphi, and walked through it towards the site of its historic predecessor whose ruins have been exposed to view by French excavation. First we visited a museum of local antiquities, and then rounded a corner of the road and found ourselves at ancient Delphi, whose Oracle swayed the acts of men in ages past. The remains were extensive, and the guide who affixed himself to us gave names to everything. We walked up the Sacred Way to the Temple of Apollo, and were greatly interested in the surmised site of the Oracle itself. There was not the least sign of a chasm, but a half underground covered way ran from the temple to the Sibylline Rock, which the guide declared was used by the priestess. It pleased us to believe this and to go through the passage ourselves, which we did without encountering any vapours or feeling any inclination towards frenzy.

Then we entered the wonderfully well-preserved stadium, or sports enclosure, with tiers of stone seats still in place surrounding a grass oval. At one end of the arena long flat grooved stones were sunk flush with the ground, so that the runners' feet might get a firm grip for a good start in the sprints. We used them ourselves in a race that we held in order to
carry on the traditions of the spot. One of the youngsters won it, and the
stone seats held no visible spectators.

There was evidence that monopoly in catering is no new thing, for an
ancient inscription cut on the wall of the stadium forbade drinks to be
brought into the place.

We saw all that was to be seen, including the gorge of the Castalian
spring in which the priestess of the Oracle used to bathe before giving
a séance—and so back to Chryssos and camp, well content with our day
among the Shades.

On 10th our party was roused up at midnight for immediate embar-
kation, and by 2 a.m. on 11th we were on board a French troopship—the
"Arcadia"—which sailed at 7 a.m. with no other passengers. We steamed
to the west down the Gulf of Corinth, and as we passed Patras a French
destroyer joined us, following close in our wake, and after we had gone
through the last boom our stern gun was loaded and a seaman stood
constantly by it.

We zig-zagged along the coast, passed a group of mine-sweepers at
work, met a patrolling seaplane, and after sighting Corfu at dusk steered a
course for Italy—the ship and the escort being in complete darkness.
At 6 a.m. on 12th Italy was in sight, and three and a half hours later we
passed through the boom and entered the fine harbour of Taranto, where
the captain told me that his hair had gone grey during the war, and that
submarines had been reported at one point on our course, but after we were
well past it.

We soon disembarked and separated, for my rank enabled me to travel
on the same evening by the "Rapide" train, while my cheery companions went to the British rest camp which was established at Taranto, to await a troop train—the usual way in which personnel travelled through Italy and France.

The rest of the journey was done by the ordinary railway, mainly by night, and through the Mont Cenis tunnel—giving a day in Rome and Turin and four hours in Paris. Havre was reached at 10.30 p.m. on 15th, too late to catch the boat, so I slept at a hotel and did not wake till noon next day. On the evening of 16th I sailed on the London and South Western Railway steamer, reached Southampton at 7 a.m. next morning, and reported at the War Office by midday, just eleven days from Salonika—exactly the time taken to go out by the all sea route, but a much safer trip.

Current Literature.

Bacteriology.—In the Indian Journal of Medical Research, vol. vii, No. 3, January, 1930, Dorothy Norris describes the preparation of a culture medium from caseinogen. It is cheaper, easier and quicker to prepare than a meat medium, and the yield of bacteria (typhoid, paratyphoid, cholera) is equally good.

Influenza.—"Bactériologique Investigation of Influenza," by H. R. Malone, Indian Journal of Medical Research, vol. vii, No. 3, January, 1920. The blood serum of influenza patients possesses the power of agglutinating Pfeiffer's bacillus (homologous strain) in eighty-two per cent of cases. Heterologous strains are agglutinated in forty per cent of cases. The serum of healthy persons does not agglutinate Pfeiffer's bacillus. Agglutinins appear during the first week of illness and persist for at least five weeks.

In another paper by the same author it is shown that ninety-two per cent of the strains of Pfeiffer's bacillus, when grown on suitable media, produce indol, a property not possessed by other haemophilic organisms present in the respiratory tract, in health, or in influenza. The indol reaction can be used for identifying Pfeiffer's bacillus in pure cultures. The method described promises to be of considerable assistance in the not easy task of recognizing Pfeiffer's bacillus in the secretions of the respiratory tract of influenza patients.

Tuberculosis.—"Infection et Vaccination par Voie trachéale," by A. Besredka, Annales de l'Institut Pasteur, vol. xxxiv, No. 6, June, 1920. The pulmonary apparatus is powerless to hinder toxins and soluble poisons from penetrating rapidly into the general circulation, but it offers a strong barrier to the invasion of viruses having a definite form. By comparing the resistance of an animal to inoculation of a virus by the tracheal and venous routes respectively, one can gauge the importance of the pulmonary barrier. This natural pulmonary resistance to invasion can be reinforced by the direct application of vaccines to the respiratory tract, i.e., one can create an artificial local immunity.

Massive and repeated doses of tubercle bacilli are tolerated by the respiratory tract. Can this natural local immunity be increased by repeated intratracheal injections? It is not possible to give any definite answer at present, but it can be asserted that the injection of tubercle bacilli by the tracheal route gives rise