

tion of all that is physiologically wicked. I go about town a good deal, holding consultations here and there, and about five o'clock, when I get into a place, the lady of the house will say to me, 'Sir Andrew, you look so tired, do let me give you a cup of tea.' I say, 'Thank you very much.' But the tea has stood for half-an-hour; and she remarks, 'I know you do not like it strong, Sir Andrew,' and then she puts about a tablespoonful of tea into the cup, and fills it up with water. Now, I call it a positive cruelty to give tea like that to anybody, and I hope you gentlemen will always set your face against such a beverage. Tea to be useful should be, first of all, black China tea—the Indian tea which is being cultivated has become so powerful in its effects upon the nervous system, that a cup of it taken early in the morning, as many people do, so disorders the nervous system, that those who take it actually get into a state of tea intoxication, and it produces a form of nerve disturbance which is most painful to witness. If you want to have, either for yourselves or for your patients, tea which will not injure and which will refresh, get black China tea, putting in the right measure—the old-fashioned teaspoonful for each person, and one for the blessed pot. Then pour on briskly, boiling water, and within five minutes you must pour it off again, or it will become wicked instead of good. Let this patient, therefore, have half-a-pint of milk and water or cocoatina, or half-a-pint of tea, *à la* Clark, if you please."

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LADY MALMESBURY, last week, opened a very successful bazaar held at Bournemouth in aid of the Nurses' Institute in that town. It was £170 in debt, owing to alterations and improvements, and I am glad to learn that this has been quite wiped off. It is proposed to start a Pension Fund for Nurses who have been a certain time in the service of the Institution. All over the country I hear the same tale. The so-called National Pension Fund has been tried and found wanting, as a real means of helping Nurses. I wonder how long it will be before the Council realise this fact and make a new departure under professional advice.

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MISS A. T. MORRELL, who was the successful candidate in the twenty-seventh Post-card Examination, has chosen for her prize the following three books—viz., "Norris's Nursing Notes," "Antiseptics in Surgery," by E. Stanmore Bishop, and "Massage for Beginners," all being of *The Nursing Record* Series of Text-Books.

To those Nurses who may be "run down," either mentally or physically, after some more than ordinarily severe case, and who need a bracing mental tonic, I advise a visit to Mr. and Mrs. German Reed's, to see their amusing sketch "Killiecrumper,"—which provokes roars of laughter—followed by Mr. Corney Grain's new sketch, "The Diary of a Tramp," which is tunefully pretty, and sometimes even pathetic. To hear that well-known and universally-admired humourist describe the company staying in "Our Nest" seaside lodging-house, kept by the lady "who has seen better days," is exquisitely funny. Both these sketches are played on three afternoons, and the alternate three evenings, in each week, so that those who have not an evening at their disposal, can see it at the *Matineés*, at three p.m. on Tuesday, Thursday, or Saturday.

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HER MAJESTY has been pleased to confer the decoration of the Royal Red Cross upon the undermentioned ladies, under Clauses 4 and 5 of the Royal Warrant, dated April 23, 1883: Under Clause 4—Norah Henrietta, Lady Roberts. Under Clause 5—Mrs. Caroline Rebecca Damant, Mrs. May Emma Cawley, Miss Catherine Grace Loch, Mrs. Edythe Welchman, Miss Elizabeth Mary Lickfold. The Clause under which the decoration is conferred upon Lady Roberts (the wife of General Sir Frederick Roberts), provides for its bestowal upon any ladies recommended to the Queen by the Secretary of State for War, "for special exertions in providing for the nursing and for attending to sick and wounded soldiers and sailors." Upon the other ladies the decoration is bestowed "for special devotion and competency which they may have displayed in the Nursing duties with the army in the field, or in the Naval and Military Hospitals."

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MISS DEANE has given village lectures, under the auspices of the committee of the rural district branch of Queen Victoria's Jubilee Institute for Nurses, in Wales, and also in Devonshire and Wiltshire, which have excited much interest, and been well attended by the feminine population in the various districts. Miss Lancashire has delivered similar lectures in the north of England. The Rural Nursing Association was first founded by ladies in the West of England, Mrs. Mallison, of Dixon Manor, being the Hon. Secretary. This Rural Nursing Association is now officially recognised in connection with the Jubilee Institute, and its efficiency will be thus considerably increased and strengthened. S.G.

DISPOSE OF THE DEAD AS NATURE DIRECTS.—Everyone interested in the reform of funeral abuses should read the brochure published by the London Necropolis Company. It can be had gratis of the Secretary, 2, Lancaster Place, Strand, or 188 Westminster Bridge Road.

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