

live in large and very handsome quarters within the Hospital compound, so their work is conveniently within reach.

It was attempted at first to give the Amballa Sisters work in the hills during the hot months, but as they could not well be spared from the station, only two of them were sent at a time to Dagshai, but this did not allow a sufficient staff to work either Hospital satisfactorily, and almost entirely prevented their getting any leave, so it has been discontinued.

From Amballa I went to Peshawar on the Afghan frontier—a lovely station during the cold weather, surrounded by blue and snowy mountains, and a perfect garden of flowers. The violets grow knee deep, and the roses in cartloads, and in the spring the orchards are a mass of pink bloom, and the climate is bracing and delightful. Alas! that the hot months are a fiery furnace, and the autumn is intensely unhealthy. Owing to a good water supply it scarcely deserves now its old title of the "white man's grave," but in some years the autumn still brings outbreaks of what is known by the name of "Peshawar fever," a peculiarly fatal and malignant type of fever, with excessive temperature, delirium, and then intense collapse, often resembling cholera, and generally accompanied by violent melæna.

Hitherto the Sisters at Peshawar have spent part of every hot weather at Chirat, a tiny hill station near, where, though the place itself is healthy enough, they have generally had plenty of work to do. They were lodged there in tents, as there are few houses, but the piece of ground where their camp was placed has now been built on, and turned into the Hospital for soldiers' wives and children, and it is now doubtful if they will be sent there again.

After more than a fortnight's absence, more than half of which I had spent in the train, I returned to Rawal Pindi, where I found that the Nursing Sisters had had a very stiff time of it in my absence, with much sickness in Hospital, chiefly severe pneumonia. Rawal Pindi is the largest military station in India, and there is generally a good deal of steady work here all the year round, owing to the size of the garrison. We also get more than our fair share of officer patients, as this place is a regular thoroughfare to a considerable number of small stations on the extreme frontier, and it is also the starting point for Kashmir, where so many from all parts of India go to spend their summer leave, and many who are sick and sorry get sent here, or dropped in passing. We greatly need a larger and more convenient officers' ward, but the general wards are large and airy, and our quarters are conveniently near at hand—only a few minutes' walking distance from the Hospital.

We do not get the chance of going to the hills for work during the hot weather, for though the majority of the troops are sent up, the horse artillery, cavalry, and half a British infantry regiment always remain, and there is never any lack of work to be done, for during the hot months there is always a sprinkling, and some years a good deal more than a sprinkling, of bad remittent and enteric fevers; therefore, the Nursing Sisters cannot be spared.

But we generally arrange to have our leave by turns in the summer so as to escape some of it, and we are lucky, in that (though quite *hot enough!*) the hot weather here is neither so long nor quite so severe as in many other stations.

C. G. LOCH,
Lady Supt. I.N.S.

Inventions, Preparations, &c.

THE Cookery and Food Exhibition, held at the Portman Rooms last week, should be of interest to our readers owing to the great attention paid to the preparation of delicacies for invalids. Messrs. Cosenze and Co., of Wigmore Street, have a specialty for invalids *Consommé de Volaille*, made in the most careful manner and placed in glass bottles in three sizes, quart, pint and half-pint; their real turtle soup in the same convenient form, and many other tempting appetising dainties for the sick.

Messrs. Paine & Co. showed specimens of their John Bull Germ Meal, Wheat Meal and Malt Flour, all suitable to those with weak digestions. Another exhibit of great interest and value was the Cerebros Salt, in which is preserved the food strength of Bran; it has many advantages over the ordinary table salt; it is nicer in appearance, contains valuable properties which remain unimpaired even should it become damp. We hope to see it in general use.

An article which will be welcomed by all suffering from 'nerves' is shown at the stand of Messrs. Gourmet & Co. It is a new and silent Mincer for cutting meat, suet, parsley, &c., &c., it consists of a circular knife, which revolves upon a steel pin, and is used by rolling backwards and forwards through the substance to be minced. It cuts on both the forward and backward movement, while the upward stroke with a chopper is lost, also its clatter so irritable to the invalid. This firm also make a Boiler which is a stoneware vessel which stands inside a saucepan and is useful for preparing Beef Tea, &c. We saw at this stand also an excellent Pudding Boiler, known as the Queen's. The basin is of pure white glazed earthenware with a tin cover which holds the basin with two loops. The steam under the cover prevents water rising to the mouth of the basin, although the basin is completely immersed.

The New Premier Egg Cup is also seen on a stand here. Coomb's Eureka Flour is fast coming to the front, and has been highly recommended. Hovis Bread, Biscuits, &c., &c., are also well shown, their good qualities are known already, while Messrs. Marshall & Sons, of Grimsby, have an excellent and attractive exhibit of their Cytos Bread, Cakes and Flour. The *Epicure*, an excellent journal, containing full information on the most interesting subjects of Cookery Schools for Training, &c., &c., was well exhibited at a stall near the entrance. Undoubtedly the Exhibition was a great success, and showed what great strides have been made in the culinary arts.

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