

This place is a fort perched half way up the mountain before a pass between two ranges. It is a fort, or Boma as they call it out here, with a moat or stockade all round it. Soldiers' lines, officers' sheds and dwelling houses inside, lots of trees and the most lovely rivers running outside on either side. There are a dozen Sikhs and 150 native soldiers. Mr. ——— is in command.

* * *

This is a great place for lions and leopards, and there is a goat tied up and a spring gun set just outside the wall at the present moment to catch a leopard that has been lurking about the last week bagging chickens and goats.

* * *

Our hospital is getting on splendidly at Zomba. I am making the mattresses, ticking, stuffed with native cotton wool and stabbed with little bits of an angoni skin shield. I have really done Mrs. Wheeler (the woman who makes mattresses at the R. S. H. I.) credit, and they have been pronounced A1.

* * *

April. 25th, 1899.

I'm very happy to enjoy it all—everything, even the unvaried diet of m'tukus (chicken). I can carve a chicken with my eyes shut, and not miss a joint by the turn of a hair. I wonder why on earth we haven't grown feathers by now or begun to lay eggs. If it were not for the cooking I am sure we should have.

* * *

We go out to breakfast or have some one to tea every day, and in the afternoon watch the cricket or play tennis, and then generally go for a bicycle ride with the Commissioner or the Residency party. Then a bath, dinner, write letters or read, and go to bed at nine. This is our day when we have no cases. When we have it is *very* hard work, because we have to dash up to our sick man and back again for meals in this broiling sun—it takes it out of you. It's night and day work as long as they are bad, though the other men are awfully good in offering to sit up and are so nice to one another.

(To be continued.)

The Hospitals' Commission.

The evidence as to the condition of the Kimberley Hospitals given before the Hospitals Commission was very contradictory in character. A medical man and members of the Hospital Staffs said that they were well arranged and equipped, and that no complaints had been made. Fighting men, on the contrary, complained of bad treatment at Paardeburg and at Maitland, owing to the lack of administrative ability. Men were lying in tents full of water, many of them without blankets, overcoats, or oilskins, and two deaths occurred in consequence. Complaints were also made as to the food arrangements. There is everything in the point of view from which statements such as these are made, but if the statements are well founded there is evidently grave need for reforms, and it is as well that Army Reform has been given such a prominent place.

Preparations, Inventions, etc.

NURSES who are in search of dainty additions to their private stock of surgical appliances should not fail to visit Mr. Cox, at 108, New Bond Street. Here they will find many attractive articles, while the prices are most reasonable, as the workmanship is sound and good. Amongst the variety of things which we recently had the pleasure of inspecting, may be mentioned an excellent portable sterilizer, nickle-plated on copper, costing 25s.; a powder-dredger; nickle-plated on German silver, after the pattern of the old-fashioned pepper box, than which there is nothing more satisfactory. The advantage of the one we are describing is that it can be taken to pieces and boiled, and the cost is only 3s. Then there are glass jars, for sponges or silk, of which the special feature is that the lids fit *over*, not *into* the jar; a glass ear-gutter, which can be held in position by the patient while the ear is being syringed, is admirable for the purpose, and as the price is only 1s. 6d., it is within the reach of all. Pocket-spittoons for phthical patients are also obtainable here, and many nurses will like to know that water beds and crutches can be obtained on here. Trusses of all descriptions are a speciality of this firm, and some gum-elastic ones, which are washable, and can be worn while in the bath, appear admirable, as do also some rubber belts for infants with umbilical hernia. Lastly, we must mention some district bags for nurses, complete with bottles, at the extremely moderate price of 23s. 6d.

THE "Fairchild" preparations, Pepsencia, Panopepton, and Peptogenic Milk Powder, were introduced to the medical profession in Great Britain and Ireland some four years ago. They are constantly finding wider use, as might reasonably be anticipated from the properties and qualities which they possess. At the same time, from inquiries which we have recently received, it seems that they are still not so well known to nurses as they deserve to be. We may, therefore, say that Pepsencia is an aid to digestion, both for adults and infants, and is an agreeable and effective vehicle for the administration of drugs which are apt to impair the appetite and disturb digestion. Panopepton is a comprehensive, predigested food for the sick, and especially chronic dyspeptics. As a temporary food in the cholera of infants it is highly recommended. And by means of the Peptogenic Milk Powder and process, cows' milk is rendered practically identical with average normal mothers' milk, and thus becomes in every way suitable and adequate for the nourishment of an infant.

[previous page](#)

[next page](#)