

one of our trains on in front coming to grief, it gave us a good chance of seeing round about. We were nearly twenty-four hours in the train, as we entered it before 9 p.m. on Saturday night, and arrived here about 6 p.m. on Sunday evening. We passed Volksrust and Paade Kop on our way, but we did not start our journey until after midnight, and then had to come very slowly, as it is anything but safe travelling on this line at present. The day before we came a train had been shelled by the Boers, which we could hear them doing, as it was near Newcastle, and the day after we arrived here, the line and a large bridge was blown up, and for some days no train could come up here, but that is a constant occurrence at present. The latest they have done is to shoot an engine driver dead, and wound the stoker so badly through both arms that he had to take the train on working it with his teeth, but a less honourable foe than the Boers could not be found. There is much less sickness just now, and we are having quite an easy time, but then no one could have continued the dreadful strain of some months ago, but if the war goes on much longer the commencement of the enteric season will be round again, and as the rainy season comes the dysentery also gets bad, an illness I should dread more than enteric. We are having a few wounded in now and then sent down from the front, but this hospital is especially for General Buller's troops, and has been all through the campaign, followed him as he moved on, the men seem so fond of him and can't say enough in his praise. I am sorry so much has been said against the hospitals out here, for no one at home has any idea or can imagine what the work has been, it is beyond explaining. I have been through the whole of the war in Natal and seen a great deal and all that was possible has been done, of course I know nothing of the other side. The poor orderlies have worked like bricks, and no small number lost their lives, three died at Newcastle just before we left it. They feel very much all that is being said about them, and it is certainly very disheartening, every time we open an English newspaper to see in big letters, "Hospital Scandals" in South Africa. I do not know if we will ever be moved from here again, to go farther on, we like keeping up with the front so don't mind the trouble of moving. There are fifteen sisters to this hospital now, and we each have a nice little bell tent of our own to sleep in. It is six months since I have slept in a house, and will seem so strange to live in one again. One night lately when raining very hard, which I must say it does not do very often, I had to keep getting out of bed to pull my boxes and things into the middle of the tent, as the rain would keep coming in underneath the tent, but I believe it must be living so much in the fresh air which keeps us so well, as a rule. The air up here in the Transvaal is so much fresher and more bracing than what it was in Natal. The great drawbacks here are the snakes and scorpions, I know of three snakes killed lately, I found one in one of our own tents, as for the scorpions we have killed quantities, the snakes are dangerous ones, and the scorpion's sting, although perhaps not fatal, is very bad, one of the orderlies was stung by one a few days ago, and was in agony from it, but strange to say a pet owl swallowed one, and is still alive. A sick officer in hospital has two pet owls with him, lonely little creatures, and so tame, they must be Boer owls, for one is called Botha and one De Wet. I can hardly believe your summer is almost over, for ours is just coming on now, although it always seems summer time in Africa except the nights.

A. N. R.

Preparations, Inventions, etc.

OXO.

Under this title there has recently been introduced a preparation for which a successful future may be safely predicted. It is a fluid Beef



Extract prepared by the Liebig's Extract of Meat Company; and by means of various improvements in preparation it is produced at so moderate a cost as to be within the reach of those large classes of the community who cannot afford the expensive productions which are so useful in

illness and convalescence. We have tried Oxo carefully, and have been much pleased with it. As to its purity, the name of its manufacturers is quite sufficient guarantee. Its flavour is pleasant, and characteristic of genuine beef juice. It is well taken by children and invalids, and evidently possesses high nutritive qualities. Its excellence, as well as its cheapness, will commend it to nurses, and we have considerable confidence in recommending it to the notice of, and for trial by, our readers.

SPARKLETS.

Sparklets are small steel receivers containing liquid Carbon Dioxide (CO₂), which is released, by means of a specially constructed stopper and bottle, into *any* liquid, thus producing direct and instantaneous aeration. The use of Sparklets is now so general, that it remains only to point out their special advantages for hospital work. In the first place, the gas contained in the receivers is absolutely pure, as has been certified by the leading chemical analysts.

Aerated medicinal waters are, by reason of their price, out of the reach of many; but with the use of Sparklets in connection with tablets specially prepared for Aerators, Ltd., by a very eminent firm of chemists, such waters as Vichy, Carlsbad, Malvern, Lithia, Seltzer and Potash can be produced at a cost in no case exceeding 2d. per bottle, and with the additional advantage that the quantity of mineral salt can be regulated according to the doctor's orders. Under the name of Sparkletaris, tablets are supplied which produce a water which, when aerated, is the practical equivalent of Apollinaris.

Milk,—fresh, boiled, or sterilized,—cold tea, barley water, cold beef tea, or meat extracts, can be directly aerated without dilution, thus rendering them more palatable to the patient and,

[previous page](#)

[next page](#)