

about me?" said nurse. "Oh, only as I hadn't seen yer fur a couple o' days and wus awondring wy, and 'e says, 'Tell yer wot, mate, if ever there wus a fallen hangel, it's our Sister!'"

A correspondent writes from Russia:—

Just now that rats as a plague danger are so much before the public, it may be interesting to your readers to hear that the Finns have a simple, and I am told most effective method of driving them from their barns. They catch a large male when possible, fasten a bell securely round its neck, and let it loose near its own home. A day or two later every rat who lives in that barn will desert it—they will run out in a body, followed by the rat with the bell, and will not cease running, nor he pursuing, till the bell stops ringing. If this is truly as sure a method as they maintain, it ought to be easy enough to clear a vessel of the vermin.

A nurse working in China writes amusingly of life in the East, and says:—

"A rainy day in Shanghai is most interesting to the new-comer—the Chinese hate wet weather. It is most amusing to see the Chinese gentleman daintily holding up his brilliant skirts, to protect them from the mud, while the little ladies do not trouble, but walk boldly, taking no thought of their trousers, but carrying an umbrella. All Chinese carry umbrellas—it is considered a very dreadful thing to get the head wet. The wheelbarrow and ricksha coolies, who have their hands otherwise engaged, stick the handle of their umbrellas down their backs—and cling to these articles when they are in a most dilapidated condition—if they have only a quarter of a cover left, they seem to think it will keep them dry. They also take off their shoes and socks to keep *them* dry. On a fine day the Chinese carry fans to shade their faces from the sun. I am living in the loveliest spot in the country, the garden quite oriental. At night outside this house, and inside too, for that matter, may be heard the hoarse melodious (?) notes of a whole army of bull frogs (huge creatures). This is taken as a sign of a fine day on the morrow. Everywhere, where there is an open space, one can behold the graves of the ancestors. I can see twenty-four from my bedroom window, some brick, others earth mounds covered with grass, and often a tree on top. In maternity nursing the mosquitoes are very troublesome. When it is baby's feeding time I struggle out of my mosquito curtains, find baby among hers, and then proceed to find the mother in the dim light, oftentimes getting baby entangled in these invisible nets. One can gain experience in a foreign land which cannot be obtained at home."

American money should be understood before going to the States. We know a dollar is about 4s., so that five dollars go to one pound. This is composed of cents, copper coins, twenty-five of which go to make a quarter dollar, or the value of our shilling. Ten cent pieces, called a dime, are of the value of five pence, and look like a pewter sixpence. One dollar contains 100 cents.

## Reflections

FROM A BOARD ROOM MIRROR.



The hospital world seems strangely quiet; functions are at a standstill, meetings there are none. Indeed, many institutions in London are closed for cleaning, doctors and nurses are holiday making; but suffering is here, and the fine work of nursing goes on its ever beneficent way.

A severe outbreak of typhoid fever has occurred at Rushden. The infected area is in the centre of the town, and it appears that sixty-six out of seventy-five sufferers drank water from a well which they had been warned by the medical officer of health to boil before using. This warning they seem to have ignored. The Urban Council has now closed the well, and a search is to be made for the source of contamination.

How few people realise the truth that bread is the staff of life and what an enormous part it may be made to play in the health and strength of a nation? Bone, muscle, teeth, and in consequence physical strength are all bound up in this question of good or bad bread—and we learn that roller-mill flour, as opposed to stone-milled, is becoming largely responsible for the poor quality of teeth both in this country and the States.

In the course of the roller-mill process the husk of the grain is thrown off, and only the centre, which, in the case of English wheat, contains a large proportion of starch, is ground. The bone and muscle forming elements go into the chaff. American wheat, and, indeed, hard wheats generally, have a lot of gluten in the centre, so it is not fair to say that all roller-milled flour shows an entire absence of bone and muscle making properties. But stone-milling crushes the wheat, husk and all, and whatever nourishing elements there may be in the corn are found in the flour.

Amongst a small section a reaction has already set in. The pendulum has swung right over, and there is a demand for whole meal bread, while the inclusion of various phosphates in artificial food is a recognition that present-day flour is as unsubstantial as it is colourless.

We have but to see the splendid Highlanders, with their brawny proportions and magnificent strength, to realize the value of the meal of the whole ground oat.

A despatch from Denver states that Dr. Monson, the Dairy Commissioner for the State of Colorado, has volunteered to subject himself to the infection of animal tuberculosis with a view to settling the controversy over Dr. Koch's theory recently put forth in London, that animal tuberculosis cannot be communicated to human beings. Dr. Monson makes as a con-

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