

Every dish will be ready for consumption. He also undertakes to send a matron to show the ladies' committee exactly what they have to do. There is no hope, of course, that the undertaking will be self-supporting, for much of the food will be probably have to be given gratis; when cholera is raging however, the poor must be fed, even at the cost of pauperizing them. The necessary funds will be provided by private charity, supplemented, in some cases no doubt, by grants from the local rates.

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A KIND correspondent has sent me the following interesting Notes on Nursing in South Africa, which I commend to the careful notices of those Nurses who are thinking of undertaking work in the various Colonies of the Empire:—

Before entering upon this subject, I would strongly advise all Nurses who may think of going abroad, to make themselves as fully acquainted as possible with all particulars of the life to which they may be going; this, in many cases, is not done, and much disappointment is often the consequence. If a Nurse has good health, resolution, and good spirits, so that she can make light of all discomforts; if she has a little money of her own, which will render her in a measure independent of circumstances, by all means let her go to the colonies; she is much needed there, her work will be more or less appreciated, and the life is a free and happy one, especially in the small up-country hospitals; the people are usually very hospitable and kind, and glad to see her at their houses, if she has time to go to them, but she must be prepared to work hard in an almost tropical climate, and to put her hand to whatever may require to be done.

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If, as is often the case, there be no resident house-surgeon, much of his work and responsibility devolves upon the Matron, as, of course, unless prompt measures are taken, a patient might often die while the doctor is being sent for. I, myself, had the advantage of working for three years under a Matron who was always equal to any emergency which might arise, and that in a hospital to which mining accidents were constantly admitted day and night.

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With regard to travelling expenses from England, they are sometimes defrayed by the Hospital Committee, but, in that case, the Nurse is usually required to bind herself for a period of two or three years. She may find on arrival that she does not like the hospital or the work, which, in most cases, is different from hospital work in England; the climate may not agree with her; she may have malarial fever or other illness, and not recover her strength for some months; she is thousands of miles away from all her friends, and perhaps can-

not get away for a change. Considering all these things, I think it is better that the Nurse who goes abroad should *pay her own* expenses, and not bind herself in any way; she can then leave when she wishes, after giving the notice agreed upon. It is also advisable that she should not be entirely dependent upon her salary, because, although this is much higher than in England, the expenses are correspondingly greater; she must have a holiday sometimes, and travelling is difficult and expensive, hotel or boarding-house charges from 8s. to 12s. per day, and no cheap lodgings are procurable. This I know to be the case in Africa, where the Matron and I had only *four days'* holiday in three years.

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When I started with Miss A. (who is a member of the Council of the B.N.A.) for the Orange Free State, she as Matron and I as Nurse, to work what was then, I believe, the only Hospital in the State, with the exception of one of six or eight beds under the charge of the Bloemfontein Sisterhood, we could obtain no information about it, except that it contained twenty-five beds, that it required to be worked up, and that we should have native servants. We had only about ten days in which to decide and make our preparations for the voyage, as we were to sail with a party of Nurses who were going to Kimberley under the charge of a Sister belonging to that Hospital, and who left us at Cape Town, Miss A. and I. going on by sea to Port Elizabeth, thence by rail to C—, about 80 or 85 miles from our destination. We had been led to understand that we should be met at C—, and that, as it was necessary to make the rest of the journey by road, a Cape cart would be sent for us; this however, had not been done, and after a railway journey of about twenty-six hours, we arrived at C— at 10.30 on a pouring wet dark night, to find that there was no cart to meet us, and that no room had been engaged for us. We were advised by a fellow traveller to go to the Free State Hotel, which in England would be considered a good sized inn; we learned that it was full, and could not take us in; we went to another with the same result, the town being full of navvies on their way to work on a new railway. In despair, we went to a third, the only place remaining at which we could possibly lodge. Here, there were only Kafir servants, and the rooms were not of the cleanest, nor the food of the best, but we were glad of any shelter, and remained for, I think, three days, paying eleven shillings per day each, the usual rate of charges in South Africa, while we waited for the regular cart which took mails and passengers once a week to J.

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