

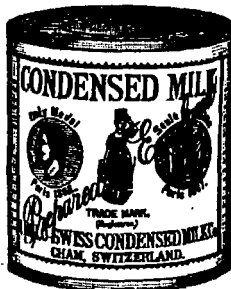
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MILKMAID CONDENSED MILK

HIGHEST
AWARDS.



The **BRITISH MEDICAL JOURNAL** (Jan. 21, 1893) says:—

It is of great importance to be able to rely on obtaining condensed milk containing its proper amount of fat, and not made with unwholesome sugars. We are able to recommend the Anglo-Swiss Company's Milkmaid brands as being what they are represented to be, and as thoroughly reliable.

Samples free to the Profession.

ANGLO-SWISS CONDENSED MILK CO., 10, MARK LANE, LONDON, E.C.

TRADE MARK.

At times I had a sardine for breakfast, at times the sardine appeared at 'supper,' but one thing was noticeable, the sardine never appeared on Friday morning. On Friday noon fish is served, but the Friday breakfast finds ham on the table, and Roman Catholic and High Church Nurses can eat it or go without. This is so considerate! And yet it has the merit of economy, for Nurses of those religious persuasions can commence work on that muscle-building jam and a cup of tea, and that much is saved for the cause of charity! At such times Nurses must resort to any thing eatable they have in their wardrobes—if they chance to have anything there. Cold meat for supper comes occasionally, and is welcome, and I remember on one occasion we had pickled walnuts added to this, and considered ourselves unusually and festively favoured. Then one day we had plum pudding for dinner, and what was left we had the next day; but these blessings came singly, and, like all blessings, they were rare.

NURSES ILL AND STARVING.

I also notice in the journal in question that "the proof of the treatment Nurses receive at the London Hospital is in their personal appearance." I would like to have the writer of this go into the dining-room at half-past nine or a quarter to ten, after the Nurses have come in from the day's work, and look at the careworn expressions and heavy eyes of those present—look at the swollen feet of some and the flattened feet of others, at the hands and wrists, for evidences of overwork. One Nurse told me she never ate anything furnished by the Hospital save bread and butter; the rest of her food she bought outside. I found that Nurses who can afford to do so, regularly go out and buy food, while others are in receipt of hampers sent from their homes. Some Nurses of the rougher class go to the dining-room tired and hungry

and they eat whatever is set before them and say nothing; while Nurses who cannot afford the former nor adapt themselves to the latter absolutely suffer for want of proper nutritious food, and are often too proud to acknowledge the fact. The constant taking of medicine to brace one's self up cannot be beneficial in the long run, and medicine in any case is a poor substitute for proper food. If any one is inclined to doubt the accuracy of my statements, or believe them to be in part exaggerated, I will, on application, furnish him or her with a list of names of some of the Nurses who are now at the London Hospital, the muscles of whose feet had given way from the constant walking, heavy work, and long hours in the wards, and from the lack of nourishing food, and who are doomed to walk flat-footed in more or less pain or discomfort for the rest of their lives.

What wonder is it then, in consideration of these things, that, as a Nurse remarked to me, 'the dining-room seems always filled with new faces,' and another Nurse computed that 'not one in twenty of the Nurses who come to the Hospital remains for any length of time'? I learn that as no regular Probationer's name is placed on the wages list until after her month's trial, the committee never hear of the many failures, nor, either, the names of the numbers of paying probationers who give thirteen guineas for a three months' drudgery, and leave either before or at the expiration of that term on account of broken health.

It struck me as being a strange administration of justice and economy to provide for the Sisters a four-course dinner with all the vegetables and fruits of the season, and a still more luxurious service for the Matron, while such a poor and insufficient diet is provided for the Nurses who do all the laborious work. The chief duty of

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