

theria might be an alarming disease, but on this point we learn that

"Sometimes the disease will cause croup, and then it must be treated as croup, and a teaspoonful of ipecacuanha wine be given to cause vomiting." How thankful doctors and Nurses would be if the dangers of diphtheritic croup could be so easily solved! It sounds so delightfully easy to give "a teaspoonful of ipecacuanha"!

But perhaps one of the most delightful contributions to the eccentricities displayed in some popular journals in "Answers to Correspondents" and Household Corners is afforded by the following, which appeared in a penny monthly which, on other than sanitary and medical subjects, is sensible and excellent. This very unique specimen of ignorance professing wisdom, occurs as an answer to a correspondent who is evidently wildly eager to know what are the real virtues and properties of the homely watercress. It appears from the authority who conducts the "Answers to Correspondents" that

"The sanatory qualities of this plant are not so well-known as it deserves. It has been known to grow a new liver, and also is a great cure for consumption. It may be eaten cooked or uncooked, but it must be remembered if the latter, it must be picked and washed well, and free from all live things."

This is certainly most encouraging and delightful news for the possessors of "old livers" which, through over-use and an obligation to assimilate unsuitable diet, have become a chronic nuisance to their owners. It will also take away from the terrors of a tropical climate. Abscesses, hydatids, and all diseases of the liver may henceforth be abolished from our medical literature, and a Bill should forthwith be introduced into Parliament providing for the "Propagation of National Watercress Beds in the United Kingdom and India."

In future, transports of soldiers must be sent out to tropical and "livery" countries with large supplies of preserved water-cresses added to their kit: and so on *ad infinitum*. And paterfamilias, whose bilious and liver attacks render his appearance at the breakfast-table anything but a source of delight to his family, will, under this wonderful new discovery, emerge one morning from his room all beams and smiles. Instead of the usual morning salutation, he will say "The new liver has grown in the night, thanks to a hearty supper of simple watercress."

The famous question, "Is life worth living?" will not, as heretofore, be answered by "It depends on the liver," but instead will be substituted by "Yes; if the individual has grown a new liver." The only people this marvellous discovery will press hardly on will be the manufacturers and vendors of "big and little liver pills." But one man's loss is another man's opportunity, and the noble but somewhat dilapidated army of watercress sellers will be made happy, and will perhaps be able to afford to buy a few new garments; no one yet has ever seen a watercress hawker in any article of clothing that has not been worn for at least thirty years. But a fresh era has dawned for them, and a "new" something added to our vocabulary. We have had "new women," the "new humour," the "new literature," the "new Nurse," &c., now we are all going to have "new livers."

In a penny paper, under the usual heading "Answers to Correspondents," appears the following advice to an agonised mother who wishes so much to know on what to feed her baby. It doesn't seem to thrive, and she is at her wits' end to know how to save "her darling." But it never seems to occur to her that the proper thing would be to apply to her doctor. Not at all, she wants to "keep her darling with her"—but she doesn't want to pay for the privilege.

So she writes to the Delphic oracle who presides over the "Corner" of her pet paper, and who is supposed, like Mr. Whiteley, to be a "Universal Provider," and is appealed to, indiscriminately, to give expert advice on Investments and Love Affairs, Politics and Baby Food, Religion and Fancy Work, and so on. Well, the "anxious mother" buys a penny stamp, and sends her question to the mysterious and anonymous person who settles the perplexities of the million. She waits a month—the "darling baby" presumably pining considerably during the time—and this is the answer she gets—

Fond Mother.—"Barley is seldom eaten; only the liquid in which it is cooked. Allow one quart of water to a teacupful of barley, and let it all boil for twenty minutes, then strain, and mix with milk in equal parts. This may be given three times a day, but for a change of diet give arrowroot and ground rice occasionally. But remember, none of these make bone or muscle; only fat. I would advise at times some oatmeal, as this makes bone, but it must be well boiled. You do not mention the age of infant."

The delightful ingenuousness comes out in the last line. Directions are given as to diet—arrowroot, ground rice and oatmeal are prescribed without limit or details. And then—quite as an afterthought—comes the significant remark, "*You do not mention the age of infant.*" Meanwhile, it is quite possible an unfortunate infant of three to four months is being plied with ground rice pudding and coarse oatmeal. It would be interesting to know how the "darling baby" of this "fond mother" is getting on?

Our Foreign Letter.

NURSING IN ZANZIBAR.

BY MISS MARGARET BREAY.

It may perhaps be of interest to the readers of the NURSING RECORD to hear something of Hospital work in Zanzibar. The English Hospital is supported by the Universities' Mission to Central Africa, and the nursing staff consists of a Matron and five fully trained English Nurses, assisted by natives. It may not be generally known that the population of the town of Zanzibar alone is about 100,000, and this is made up of people of all nations. English, French, Germans, Italians, Greeks, Arabs, Parsees, Japanese, Hindus, Banyans, Swahilis, and others—all are found there. The island is governed by an Arab Sultan, and the Arabs are the original aristocracy. It is now, however, a British Protectorate, and the Sultan's Government is composed mainly of Englishmen, with an English Prime Minister. There is a resident British Consul-General, Consul, and Vice-Consuls. The other European nations are also represented by their Consuls.

The Island of Zanzibar is very beautiful. It abounds in palms, mangoes, and other trees, while flowering shrubs, such as almanders, oleanders,

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