

legal by the "Bond," to follow, for the time of four months, a course at some Cookery School for the preparing of dishes for the sick."

The Chairman explained that the "Bond," having entered only the fourth year of its existence, is as yet not able to realise its ideal of providing in cases amongst the Nurses, and therefore suggests the above-mentioned proposals.

Without any discussion the desired consent was afforded by the assembly.

According to Art. II. of the Statutes (the admission as members of the "Bond" of those persons who have in some way or other furthered the cause of Sick-Nursing), membership was conferred upon eleven ladies.

The next General Meeting is to be held at Hilversum.

Before closing the meeting, the Chairman gave the word to Prof. Dr. B. J. Stokvis, our great representative man at the Roman Congress. He spoke with all that eloquence and power of speech for which he is renowned. In warm, rightly-chosen words, he described the noble, but very often difficult and much-including, work of Nursing.

"Mother, Nurse, tutoress,—these are the three qualities so inseparably connected with woman's nature that you may observe them already in each little girl playing with her baby doll," he said, in the course of his address. "Each woman reveals an educating power in her sense for all that is beautiful, true, and noble, although it may be that the words æsthetic, ethic, and philosophy are unknown to her; for in her whole being, in her manner and speech, is spoken out her innate, unconquerable horror of all that is false, and ignoble, and impure. This educating influence, however, is exercised especially by the Nurse, who, with the uttermost devotion, fulfils her duty. The Nurse who softly and kindly, not only bears with all the whims and caprices of her patient, but also tries with indefatigable zeal to dull the edge of sorrow, and to prevent, if possible, the unspoken wishes of the sufferer; who chases with her winning smile and kind words the threatening thunderclouds of ill-temper and peevishness—such a Nurse is a tutoress by excellence. She teaches her patient the highest wisdom, so splendidly described and put into practice by our Spinoza, the alpha and omega of all true philosophy; to resign up with cheerful serenity the inevitable and unchangeable. She teaches that love acts without speaking; that love gives, without receiving anything in return; that whoever goes on with giving out of the fulness of her heart still keeps a treasure of love to dispose of, and, silently working, she opens the eyes of the loveless ones and makes thaw the ice round the hearts of the unmerciful. She teaches by her example, *patience*—that hardly attainable virtue, that indispensable basis of all true pity and mercy. She teaches that, and how it is possible to match severity to softness, earnestness to cheerfulness, resignation to independence. This educating power, however, is not only the part of the Nurse, but also of each true woman who assists at the sick bed of her dear ones; it is the part of the mother who takes care of her child—of the wife, nursing her husband.

But only love, and nothing more, is not sufficient to make a good Nurse. She must be thoroughly trained for her task—intellectually trained. Not before she has acquired some practical and scientific knowledge may she be called the benignant, blessing, 'priestess of Hygiæ.' When fulfilling all these conditions, her far-

stretching influence will extend, not only to the sick who are nursed by her, but also to the healthy ones; to the family circle where she resides; to the city in which she lives; to the country in which she is born. For it will be given to her to abolish several abuses and wrong notions on the field of hygiene and nutrition, and to further the general welfare and happiness by the preaching of more enlightened views and opinions."

After having recalled to the mind of his hearers the noble figure of Florence Nightingale, the speaker finished his attractive speech by expressing his most sincere wishes for the flourishing of the Dutch Association for the Treatment of the Sick.

His words were followed by an enthusiastic and long applause.

After this, the meeting was closed by the Chairman.

HOLLANDIA.

July, 1896.

Inventions, Preparations, &c.

TEA.

NURSES are such large consumers of the beverage which cheers but does not inebriate, and such large numbers of them suffer from indigestion in consequence, that it affords us much pleasure to call their attention to the Maté or Paraguay Tea which is now being used to an increasing extent in this country. The special virtue of this Tea is that it is free from Tannic Acid, or in other words, it is nearly devoid of that astringency which makes the excessive use of most teas so injurious both to mind and body. Maté Tea is a most pleasant beverage, especially when taken with a few drops of lemon juice. It has all the restorative properties of Indian or China teas, without their hurtful effects. Nurses would therefore be wise to procure and try this new Tea for themselves. It can be obtained from any grocer, or direct from 39, Victoria Street, S.W.

AND COFFEE.

NEXT to Tea, Coffee is the chief stimulant used by the modern Nurse: and this would, doubtless, be still more employed if it could be easily prepared. A new preparation which has been brought to our notice, and known as Bromley's Coffee Essence will doubtless become popular amongst Nurses. Its analysis proves that it only contains the best coffee and chickory, and the aroma of the former berry is easily distinguishable. The great advantages of the preparation, beyond its purity, is the facility with which it can be prepared, and its cheapness. One or two teaspoonfuls of the Essence, with sugar and milk to taste, make, with boiling water, a most delicious breakfast-cup of Coffee. It can be obtained from Messrs. Bromley, Bloomsbury Works, Leeds, or from any grocers.

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