

little Ayah said, "Oh, do, mem!" and began to cry; so I sent her to get a hot bottle for the bed, and told her not to come to me until I called, as I wanted a good sleep. She said, "When you have drunk your soup and are in bed, then I will go and bring you a hot bottle."

For three days after I felt so ill and tired I only did just what I was obliged, and that with only half a heart. Had I not spent time and taken pains to know the city and suburbs, it would have been impossible for me to have found my way home that night. Only those who have lived or travelled in a country where there are no made roads can understand how difficult it is to find one's way about only by narrow trodden tracks.

E. M. NEWMAN.

We have reproduced a photograph kindly sent to us by Miss Newman, as we feel sure it will interest our readers to see the type of woman who has done such excellent pioneer work. As they read this letter, and the one which we published not long since, they will recognise that she possesses the qualities which are requisite in those who desire to succeed in a sphere of this description. An enthusiastic love of work, for its own sake, indomitable perseverance, a determination to surmount obstacles, not to be overcome by them, a genuine love of coloured races, and a power of acquiring their affections, self-dependence, promptness, and resource in emergencies, these and many other qualities are necessary in those who aspire to pioneer work in eastern countries; and perhaps this is true of nurses, in a greater degree, than of any other class of workers. These qualifications Miss Newman assuredly possesses, and the nursing community is the richer for her work and example. It is such a life as this which will be the most effectual reply to the slanderous travesties of nurses which are being presented to the public at the present time.

Nursing in the Colonies.

A PUBLIC presentation of certificates to trained nurses was recently made at Belise, British Honduras, by the Governor, Sir Alfred Maloney, K.C.M.G. This fact is one of interest, as British Honduras is far ahead of any other West Indian Colony in this respect; indeed it is, though one of the smallest, really the only colony which affords to women desirous to become nurses a systematic training. The credit of this is largely due to Dr. P. T. Carpenter, and Miss Beresford, a lady who received her training at S. Mary's Hospital. The Governor, on the occasion of the presentation of certificates, stated that Dr. Carpenter, "with the greatest loyalty and devotion, had so associated himself with this nursing scheme as to deserve the highest public commendation."

Preparations.

MALVERN WATERS.

It is with much pleasure that we draw the attention of our readers to the natural waters of Malvern, supplied by Messrs. W. and J. Burrow of that town, not only because of their absolute purity and most palatable quality, but also because they are literally "made in England." The water is drawn off and bottled at the celebrated springs on the Malvern Hills, and protected from taint by glass stoppers. As these springs are at a considerable height above the town, the water is free from that chance of pollution which is inevitable when the springs open on low-lying grounds, and near or below human habitations. From our own experience we can testify to the most refreshing and agreeable qualities of the pure spring water, and also of the mineral waters and lemonade made by Messrs. Burrow; and analysis proves them to be as pure as they are pleasant.

INVALID DAINTIES.

WE are informed that Messrs. Cosenza and Co., of 95 and 97, Wigmore Street, have decided upon relinquishing the ices and confectionery branch of their business, which has been transferred to Messrs. J. Searcy and Sons, of Connaught Street and Sloane Street. This step has been taken in consequence of the rapid growth of the other branches, owing to the enormous popularity of the Maggi soups and consommé, so invaluable in the sick room, and other culinary specialities for which they hold sole agencies.

Free demonstrations in the use of these dainties will be given on the 5th and 19th of March. We should advise nurses who are interested in dietetics to ask for a card of invitation for these useful demonstrations.

FRY'S COCOA.

It has been suggested to us that we should recommend to that large number of our readers who are now cyclists some concentrated form of nourishment which would render them independent, while on their daily excursions, of the necessity for a bulky sandwich box. It is a pleasure to be able to say, in reply to such inquiries, that experience has shown that a stick of Fry's chocolate supplies in the most deliciously palatable form all the nourishment which the cyclist can require for a mid-day meal. When one comes to think of it the fact is easily explainable, and we have not only proved its value ourselves, but we have heard from others who have adopted the suggestion that they have found a luncheon of Fry's chocolate both "grateful and comforting," sustaining and sufficient.

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