

loose-trousered gentlemen appeared, each carrying a toilet utensil, which had evidently been just unpacked from the crate, as the straw was still in them. It is well I did not examine my sheets that night, and that Keating's insect powder and *eau de cologne* are easily carried. Next morning's daylight revealed the fact that they had probably been unchanged for weeks, and a little backsheesh, judiciously applied secured clean sheets, and the washing of my bedroom floor. The higher crevices in the wall bore evidences of the stampede that had taken place, and could I have heard them, the cries of the evicted must have resounded on every side.

What to drink was a painful consideration. The well that supplied the water was situated in the middle of the courtyard, and received into itself the refuse of that, as well as of the kitchen adjacent. Long after midnight I coasted round by bedroom in the dark to find out where the smell of dead rat came from, and found it in the water in the jug. To drink this was out of the question. There was no milk to be had, no carefully bottled mineral waters, and choice lay between the native wines and Turkish coffee, served up in cups not much bigger than a thimble. The latter was delicious, but not a thirst quencher, and being a total abstainer I could not bring myself to drink the wine, although I daresay it was harmless stuff. There are some things which one may not do because of setting a bad example, rather than because of any actual harm to oneself in the doing of them. Domestic hygienic arrangements in most of these eastern places are miserable, to say the least of them, but I shudder now to think of the horrors of that hole hacked in the floor of one end of the wooden gallery, which was the only provision made for certain necessities of human life. The marvel is that the inhabitants of these places are not oftener smitten with epidemics and plague than they are, and I suppose their comparative immunity arises from the toughness that belongs to those who have been accustomed to such conditions from their earliest infancy. Yet it is also true that very serious disasters happen in the way of epidemics now and again, and that fever is an infinitely more fatal malady in these eastern countries than in the more civilised western ones. But what if after all, these terrible exiles and persecutions, which are the last efforts of expiring tyranny are part of the means for bringing the eastern and western worlds into union. Of what little moment the temporary pain shall seem in those far-off days when the great gain only is apparent, and the pain shall have been forgotten. So sordid and materialistic is the western tendency, so picturesque and imaginative the eastern, surely the blending of the two shall make the balance that is so much needed between the dominant commercialism of the one, and the inept and lazy avarice of the other. For the Oriental is avaricious because of the miseries that his laziness and helplessness have fixed upon him, and the western is grasping because of the comfort and enjoyment his industry and enterprise have placed within money reach. A far higher type of beauty is to be evolved out of the west than out of all the picturesque glamour of the Orient, yet, until the west shall have caught more of the gentle courtesy and high-bred self-effacement that is the general characteristic of eastern manners she will go on lacking that, along which alone her latent possibilities of beauty can be developed."

M. B.

Preparations; &c.

SOUTHALL'S SANITARY TOWELS.

THE value of these valuable appliances in the promotion and preservation of health, has been long established, and we have had the pleasure of drawing attention to them in these columns on several previous occasions. Wherever their cost is within the means, it may be said that they should be used. The introduction, which hitherto has been regarded as an impossibility, of a towel to be sold at one halfpenny (less than the cost of washing), is a matter of the greatest importance, because it brings a sanitary necessity within the reach of all classes. Southall Bros. & Barclay have, of course, had large experience extending over many years, with absorbent materials of all kinds, and the fabric of which their new Sanitary Towel is composed, and which is manufactured under a provisional patent, possesses the necessary qualities in a most marked degree. The introduction of the Halfpenny Towel is not, of course, of such importance to the large number of those who use the well-known Sanitary Towels, at present manufactured by Southall Bros. & Barclay, and to which as we have said, we alluded about two years ago, as to those of the working classes, to whom sanitary appliances are of even greater importance than to wealthier people, and to whom, if that be possible, the prevention of illness is even more important. The halfpenny Sanitary Towel, therefore, supplies a want, the existence of which is obvious, and which in its hygienic value may not unfairly be said to be of incalculable importance.

GINGHAMS.

WE hear constant complaints from nurses that they cannot obtain materials for uniform dresses which will stand the manipulations of the modern laundress; and that prints, zephyrs, and linens all "wash out." We have been therefore pleased to observe in the Nurses' Department of several large establishments, patterns of old-fashioned, but most economical gingham in the neatest of narrow stripes, and in the most dainty shades of blue, pink, and mauve. These gingham wash exquisitely, and should therefore be in great demand by nurses, who like to have their gowns well made, and to whom the expense is great if they are compelled to constantly replace their dresses because they are faded and dowdy.

[previous page](#)

[next page](#)