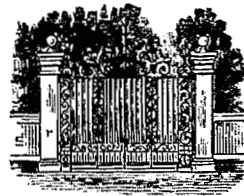


**Preparations, Inventions, etc.****TIMEKEEPERS.**

AMONG the many qualifications essential to success in nursing work, there are many more attractive, but none more necessary than method and punctuality. This point seems at first sight to be a too obvious truism and platitude to be worth insisting on, but its very obviousness perhaps leads to its oversight. It has too frequently happened in our experience that the greatest devotion and self sacrifice have been rendered nugatory simply through want of attention to exactitude in the details which make up so large a portion of a nurse's life. So many complaints have reached us of the difficulty of obtaining a thoroughly reliable watch, within such limits of price as to suit a nurse's pocket, that we have thought it advisable to make experiments with various models submitted to us, and among those we have tried we can find none to equal the "Nurse's Watch," manufactured by Messrs. Joseph Heming and Co., of 28, Conduit Street, W. We have had a specimen watch of this firm's under observation for a few weeks, and it has given us complete satisfaction in regard to accuracy. It is a very neat pattern and of convenient size, with figures sufficiently clear to be easily read in a subdued light, and with the seconds' hand, which is essential to exact time measurement. The price being only £2 2s., with silver case (including engraving of initials), and £5 5s. in gold, brings it within the reach of those who want a substantial and accurate watch, but cannot afford a more fancy article.

**VAN ABBOTT'S DIABETIC FOODS.**

SUCH special attention has been given to diabetic foods by Messrs G. van Abbott & Sons, 6, Duke Street Mansions, Grosvenor Square, W., that the value of their gluten bread and biscuits has become generally acknowledged—owing to their freedom from starch and sugar. These preparations are of the greatest benefit in cases of debility, diabetes, corpulence, and indigestion. Such patients being so strictly limited in their diet, find the dainty little cakes and biscuits, also free from starch and sugar, which Messrs. van Abbott still further offer, most welcome. Amongst these, special mention should be made of almond cakes, ginger biscuits, and caraway biscuits. All these preparations can be obtained direct from the manufacturers, or through any chemist. We would advise any readers, who are not aware of the above specialties prepared by this firm, to apply to them for a price list. They will probably gain from it useful hints as to delicate dietetic preparations which would tempt the most fastidious dyspeptic.

**Outside the Gates.****INTERNATIONAL ARBITRATION.**

ONE of the questions which many of the National Councils of Women of other countries are most anxious to discuss, at the great Congress in 1899, is that of International Arbitration, and it is hoped that a most representative gathering will be held in London,

to advocate this Christian method of settling disputed questions between the Nations.

Just now we perhaps imagine ourselves suffused with martial ardour, and from our snug and most dear English homes, surrounded by every comfort that civilisation can provide, we read with avidity, the thrilling accounts of the victory of our Arms, and glory in the courage and endurance of our Army, and we discuss with complacency, the speedy dispatch (from a safe distance by scientific guns) of thirty-thousand human beings, thus hurled into eternity, and there are those amongst us ready to deny that the "black beggars" have any souls.

But there are also those amongst us who realise that the mainspring of the fierce joy and exultation of our nation over the massacre in the Soudan, springs not from a national instinct of martial zeal—a love of glory, or a pious thirst for "revenge"—but that the clamour has its cradle in the Stock Exchange, and that it is the national love for filthy lucre that has constrained the "City" to bestow its freedom on the Sirdar and equip him, for future conquest, with a jewelled sword. A Protectorate over Egypt, the control of the Nile Valley, a railway from Alexandria to Cape Town, mean Commerce and Cash, and for these ends, we, a nation of nominal Christians, are content to prostitute the fundamental principles of the Great Christian Law. All this is very human and humiliating, but if we have a spark of self-respect left, let us, at least, realise our hideous demoralization and no longer play the hypocrite.

War—have it where and when you will, is the method of the savage, and so long as we employ it, we must be numbered with the unreasoning animals of the earth—hungry, bloodthirsty animals pure and simple.

Listen to the words of "Tolstoi—the Grand Mujik," after personal experience of the tumult and agonies of warring men in the Crimean War.

"The flush of morning has but just begun to tinge the sky above Sapun Mountain; the dark blue surface of the sea has already cast aside the shades of night and awaits the first ray to begin a play of merry gleams; cold and mist are wafted from the bay; there is no snow—all is black, but the morning frost pinches the face and crackles underfoot, and the far-off, unceasing roar of the sea broken now and then by the thunder of the firing in Sevastapol, alone disturbs the calm of the morning. It is dark on board the ships; it has just struck eight bells. Towards the north the activity of the day begins gradually to replace the nocturnal quiet; here the relief guard have passed clanking their arms, there the doctor is already hastening to the hospital,

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