

full speed for about 500 yards, turn, join hands, and ride back again, no spur or whip being used. Dhroo explained that the best horse was the one that broke away first, but if a man could control his horse to that of a weaker one he was considered the better rider, and the better tempered man. This diversion continued some time, there was no drinking, for the Hindu religion forbids intoxicants, but good temper and a desire simply to enjoy themselves seemed to prevail. The Scindie cob I rode on distinguished himself by running quite away in his race, and neither horse nor rider were seen again in the afternoon.

In the temples a tempting feast of sweets and fruits is spread, to delight the hearts of the gods on this day. The priest on guard looked as though he would be very glad when he might close the doors and attack the things himself. Dhroo laughed at the suggestion, and said he had no doubt he would. I often wonder how much the intelligent Hindus believe of their compendious mythology.

The next day is called "Chaudar," or the Hindu religious New Year's Day. But the religious part appears to be in abeyance, for the evening and night were given up to feasting, singing, and nautch dancing. This last is tiresome and slow to watch long. The natives cannot understand the English dancing for pleasure. "What, dance yourselves when you can pay others to do it for you!" they exclaim.

This was a busy day, for Gundiali was to be abandoned as a residence, I was only returning for two or three hours for dressings every other day as long as it should be necessary. Ranchai not being well enough to be discharged, took some time to get off, as the whole household, consisting of the husband, Humnabai, and Adam, their children, three goats, cooking utensils, and other household stuff, had to go to Kodaya, our next centre of work, to which Miss H. had gone some time before.

A few days later I found Hirbai, a Hindu woman, with an axillary bubo, not healed, in a bad way, much pus, a temperature of 105 degrees, and looking ill, so brought her also over to Kodaya.

Gundiali had been good experience, the people had soon learned to trust us, and were grateful and kind, and were sorry at our leaving altogether, and said, "now Gundiali was too good and healthy," so I was really sorry to say "goodbye to it and them,

A. J.

Feeding the Hungry.

From an official Report just issued by the Red Cross Society, it appears that in the three Volga Governments of Kuzan, Saratoff, and Viatka, there are no fewer than thirty-three thousand persons prostrated with hunger, typhus and scurvy, and the mortality is daily increasing. Some idea of the splendid work of succour performed by the Red Cross Society, under the personal direction of General Schwedoff, may be gathered from the fact that on its unaided sustenance one hundred and ninety-eight thousand three hundred and sixty-nine absolutely destitute peasants in the Government of Kuzan, sixty-nine thousand nine hundred and fifty-three in Saratoff, and forty-one thousand nine hundred and fifty-three in Viatka are being kept from starvation.

Preparations, Inventions, etc.

MESSRS. GARROULD.

ONE is always sure of finding at the establishment of Messrs. Garrould, nursing requisites which are good in quality, tasteful in appearance, and moderate in price. More especially is this the case with the cloaks, the price and make of which will compare favourably with any in London. This firm are at present showing a cycling coat and skirt, the "Wellesley," suitable for district nurses. The skirt, which is full, and falls like an ordinary bicycling skirt, buttons down the front, and is easily removable, it is lined round the bottom with leather, which can be washed, and also gives some weight to the skirt. Then there is the "Cecil," a neat coat, with sleeves, made in cravenette in all colours, and sewn with silk throughout, at 23s. 6d., and shower-proof cloaks in shot silk are also to be obtained from 23s. 6d. to £2. Of bonnets, the "St. Ives," of Marie Stuart shape, 14s. 9d. with veil, or 10s. 9d. without, and the "Warwick," 14s. 9d. with veil, and 10s. 9d. without, are the newest shapes. Of bonnet strings, some made in fine Scotch Lawn, tucked by hand, at 1s. 3/4d. per pair are in such demand that they cannot be stocked quickly enough. Some white, washing belts, fastening with two studs and costing only 4d., are very popular, and make a neat finish to the uniform worn over the apron, while a novelty in collars and cuffs are the "Sister Marguerite"; the collars at 5 3/4d., and the cuffs at 6 3/4d. These appear likely to have a ready sale.

PROTENE.

THE preparations of the Protene Company, Limited, of 36, Welbeck Street, Cavendish Square, W., are of interest to all nurses, more especially those who are engaged in nursing diabetic patients. Protene is a flour composed of the casein of milk with the lactose taken away, and is entirely free of starch, while the mineral salts are all retained, rendering it an ideal food for diabetic patients, while we can testify to the palatability of the dainty custards prepared from it. For ordinary purposes 25 per cent. of protene is mixed with wheaten flour, and it is claimed that bread, etc., made with this flour is four times more nutritious than the best meat. The Protene Company have obtained three gold medals for excellence, besides other silver ones. We should advise our readers to send for samples of the various biscuits and other preparations made by this firm, and to give them a trial.

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