

1. *Somatose* (made from Beef).—This is recommended by eminent medical authorities at home and abroad as an ideal Food for invalids and convalescents. It is an almost tasteless and odourless powder containing nearly 80 per cent. of meat albumen, and acts directly as a tonic, creating an appetite. It is not a drug, but a therapeutic food, easily soluble in water, milk, soup, coffee, cocoa, etc.

2. *Iron-Somatose*, which contains the tonic qualities of iron combined with the albuminous substance of meat; causes no gastric disturbance or constipation; does not affect the teeth, and is a freely soluble preparation of iron.

3. *Milk-Somatose*, which contains the albuminous matter of milk, combined with 5 per cent. of tannic acid; is slightly astringent and non-irritant; is most suitable for strengthening weak digestive organs. It is especially valuable for infants and children.

Somatose is most useful also in all cases of fever, dysentery and influenza, and is now used in many Hospitals.

S. KUTNOW & CO., Ltd., 41, Farringdon Road, London, E.C., exhibited their *Kutnow's Improved Effervescent Carlsbad Powder*, which is especially adapted for use in cases of gout, rheumatism and uric acid troubles generally, and their *Kutnow's Anti-Asthmatic Powder and Cigarettes* for asthma, catarrh, hay fever and ordinary colds. The powder is used by burning a small teaspoonful, the patient inhaling the fumes, which are freely given off. The beneficial effect is such that usually from four to six inspirations are sufficient to give relief even in the most violent attacks.

MELLIN'S FOOD, Ltd., Peckham, London, S.E., displayed, upon a daintily fitted stall, their well known *Mellin's Food for Infants and Invalids*, a brownish granular powder, prepared from cereal grains in which the starch has been converted into its soluble products by the action of vegetable diastase; and *Mellin's Cod Liver Oil Emulsion*, which pure emulsion contains 50 per cent. (guaranteed) of finest Norwegian oil, and is to be recommended on account of its agreeableness. They also showed *Mellin's Lactose*, a preparation of the above food with fresh cows' milk, and *Mellin's Food Biscuits*, prepared also from the above soluble food, combined with wheaten flour, thus securing a solid food well adapted for children and invalids.

ANGLO-SWISS MILK COMPANY, 10, Mark Lane, London, E.C., exhibited their *Milkmaid Brand Condensed Milk*, but particular notice was taken of their unsweetened, sterilized and enriched *Ideal Milk*.

(To be continued.)

Our Foreign Letter.

NOTES ON NURSING IN WAR TIME.

BY SISTER HENRIETTA,
St. Michael's Home, Kimberley.
(Continued from page 101.)



I can't quite leave the siege without speaking of the noble gift of De Beers Company to the defences of the town, namely, the great gun, "Long Cecil." As a piece of workmanship and in modern appliances, I am told it is superior to the great naval guns, but not, of course, up to the huge siege guns which came up later. Its shells were 48-pounders and carried eight miles, and it did an enormous work for us. It was scarcely finished before Mr. Laham, the great engineer who made it, was struck by a hundred-pounder, as he was dressing for dinner one evening and killed in an instant. His poor remains were taken to the hospital, and in the early Southern darkness, about 8.30 p.m., they were brought out for burial. Of course everyone knows that one of the Colonel's greatest difficulties here was that the town was full of traitors and Dutch spies. All funerals towards the end of the siege were at night, as every concourse of people by day was shelled vigorously. Of course Mr. Rhodes and the Colonel, as well as many officers meant to attend this funeral, but the hour was kept a secret, and it was hoped it might be carried out safely. Alas! As the coffin was carried out of the mortuary, on a still very dark night, a rocket went up behind the hospital, and as the gun-carriage, with the American stars and stripes came through the gates, there was the familiar horrible roar shriek and awful crash of a hundred pounder just beyond the buildings. A lady looking on told me it was splendid to see the whole procession move on without flinching, not one falling out of the line—and steadily on, the mile and a half to the cemetery, the long, slow march went on, in perfect silence through the dark, awestruck town, ruthlessly shelled the whole way, and at the graveside, while one of our noblest citizens went with our bravest defenders round him for the last time, to his honoured grave. To me nothing was ever more impressive than that silence and darkness, like the very grave itself, broken only by sounds which seemed every time to emulate the crack of doom. When it was over they treated us to such a bombardment as I hope no poor city may ever endure again. It shook the town to its very diamond foundations. One of our great trials during the early part of the siege was that nurses had so little to do. The people who usually employ us had nearly all left the town, our country cases we could not reach, except through three nurses who were shut out, and the absence of evening amusements, the scarcity of aerated waters and wine, &c., and the early going to bed all made the town unusually healthy until the scarcity of food began to tell. After Christmas there was a great call upon all our resources, but often in houses where food was

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