

present day by the wear and tear of existence, and the necessity for rapid action and intense exertion. The result is that there is often an insufficient supply of energy, of which the brain is the sole source, for the use of other parts of the body, and that the process of digestion amongst others becomes impaired. Hence the need of foods which are easily assimilable, while at the same time they contain a concentrated form of nourishment. These requirements are met by Carnos, which contains a high percentage of albuminoids, and is rich in carbo-hydrates. It is also naturally peptonised by a vegetable peptase in the course of manufacture.

Carnos can be prepared either as an extract or as a jelly, and a special form of the extract is prepared for invalids, at a cost of 1s. for the 2 oz. bottle, the ordinary extract being 7d. per bottle of the same size. We may add that the Gold Medal and Cross of Honour, the highest award at the Rome exhibition of dietetics, has recently been gained by this firm. This is the sixth Gold Medal already won by the excellence of Carnos preparations.

Another specialty of the firm is Carnos Invalid Stout, a good, full-bodied stout, containing a percentage of Carnos. Price, 4s. 6d. per dozen bottles.

#### A NEW CHART.

We have received from Messrs. Reynolds and Branson, of 13, Briggate, Leeds, a chart, which has been in use in Dr. Churton's ward in the Leeds Infirmary for two years. It shows the pulse and respiration rates in the same space, by means of dots and connecting lines for the pulse, and crosses for the respiration rate. The proportional figures (pulse: respiration as 4:1) are in parallel columns, so that an abnormal proportion is detected at a glance.

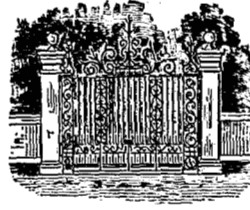
Besides the spaces for temperature, pulse, and respiration, the chart also contains spaces for marking the quantity and specific gravity of urine. Its chief use, however, is that it shows at once the ratio existing between the temperature, pulse, and respiration.

#### "SULPHUME."

District and private nurses, to whom the duty frequently falls of disinfecting rooms which have been occupied by their patients will be glad to have their attention directed to an excellent aerial disinfectant named "Sulphume," which is not only effective, but has the further advantage that there is no risk of fire in its use. Sulphur or sulphur dioxide (SO<sub>2</sub>) is used by the War Office, by hospitals, corporations, and sanitary authorities. We recommend it to the notice of the authorities of maternity hospitals, where frequent disinfection is essential. Sulphume is supplied by A. Boake, Roberts and Co., Ltd., Stratford, London, E.

## Outside the Gates.

### WOMEN.



A paragraph is going about that the Queen's friend and her lady-in-waiting when Princess of Wales, Miss Knollys, is to have a peerage, without which precedence she cannot hold the same position to the Queen. Miss Knollys is a sister of Sir Francis Knollys, the King's private secretary, and daughter of General Sir William Knollys, and comes of a noble family. Better still, she has proved herself a loyal, discreet, and devoted attendant, and all the "little people" whose work may have brought them in contact with her, remembering her courtesy and kindness (we speak as we know), would rejoice to see her so honoured.

Queen Alexandra is a devoted lover of flowers says the *Gardener*. As is well-known, the gardens at Sandringham are always delightful; for on the dreariest winter day the place out of doors is bright with shrubs, while under glass there are always myriads of beautiful blooms. One of the spots at Sandringham of which Queen Alexandra is particularly fond is the admirably designed wild garden, where in the early spring are to be found thousands of snowdrops, daffodils, primroses, and other forerunners of summer, and where Nature is practically allowed to have her own way. But her Majesty takes the greatest interest in all the gardening operations at Sandringham. No new floral specimen is introduced at her Norfolk home without her consent, and she herself decides which and how many new varieties are to be grown. The Queen has lately given considerable attention to, and been greatly interested in, the flowers of South Africa, and now possesses some beautiful ixias from the Transvaal.

At a recent meeting of the Parliamentary Committee for Women's Suffrage, held in a committee room of the House of Commons, under the presidency of the Right Hon. Sir Richard Temple, a vote of condolence was passed, and signed by all the ladies present, on behalf of the whole committee, expressing their deepest sorrow with the King on the death of Queen Victoria. In submitting to his Majesty their loyal congratulations on his accession, the committee expressed their trust that the Parliamentary disability imposed for the first time on women by the Reform Act of 1832 might early in His Majesty's reign be considerably removed, which they felt would be a worthy memorial to His Majesty's august mother, who did so much during her long and prosperous reign to raise the status and to protect the interests of women.

A motion pledging those present "to earnest and continuous effort to secure the enfranchisement of women," has been passed at a meeting of the Male Electors' League for Women's Suffrage, at 81, Harley Street, the residence of Dr. and Mrs. Reginald Langdon-Down. This appears to us the most chivalrous action towards women; upon the part of men, that we have heard of for some time. The late

[previous page](#)

[next page](#)