

in your way in American railway travelling, for even in the winter all carriages are well heated. An arrangement could be made at the port of landing if desired, to store a small trunk containing superfluous clothing, until it was again required. A dark plain dressing gown is also useful on board ship. A round sponge holder, made of netted string and bamboo, to contain washing materials, is a great comfort. For the washstands are small, and if the weather is at all rough, sponge, soap, tooth-brush, etc., all betake themselves to different hidden corners. A bottle of eau de cologne is very refreshing to those who suffer from sea-sickness. A couple of small bags, about the size of brush and comb bags, or a little larger, with loops on the back to hang them up by, are very useful for handkerchiefs and other small possessions. These small items make such a marvellous difference to one's comfort for a week or more, that it seemed worth while to mention them.

The outfit I have named—*i.e.*, walking dress, with plenty of cotton shirts, one silk, and one flannel one, with an afternoon dress, would also be sufficient for a light travelling outfit. But if any visits are to be made, it is to be remembered that, as a rule, Americans dress more than English people do, although dresses for any but *very* large dinners, and for all theatre parties, are usually high. Laundry is expensive. For travelling, the ordinary English basket trunk is not strong enough; the very strongest wooden trunk with iron-clamped corners, is the only thing which survives American handling.

I will not enter into details in regard to the American system of checking baggage, except to say that you need not feel nervous if you do not see your box from the time of leaving one hotel, until you arrive at another. You receive a little metal disc as receipt before starting, which is all that is necessary.

Cabs are not to be lightly ordered by any except millionaires, for in most cities the shortest drive costs a dollar (4s. 2d.). At some points in New York you can secure one for two or three shillings for a short distance, but these are quickly engaged. Ordinary mortals travel by trolley or electric car (they are never called *tram-cars* here), or in New York, the Elevated Railway. Horse trams are seldom seen except in New York and Quebec. In New York they appear a strange anachronism.

We propose in a future issue to give details of alternative routes from London to Buffalo, and also a sketch of a fortnight's tour to Washington, Baltimore, and Philadelphia, and *via* New York home.

Army Nursing Notes.

In an Army order just issued, it is announced that His Majesty the King has been graciously pleased to confirm the order given by Her late Majesty that a medal be struck to commemorate the military operations in South Africa. The order proceeds:—

"The medal, in silver, will, provided the claims are approved by the Commander-in-Chief, be granted to all officers, warrant officers, non-commissioned officers, and men of the British, Indian, and Colonial forces, and to all nurses and nursing sisters, who actually served in South Africa between October 11th, 1899, and a date to be hereafter fixed; to all troops stationed in Cape Colony and Natal at the outbreak of hostilities; and to troops stationed in St. Helena between April 14th, 1900, and a date to be hereafter fixed."

We are officially informed that the Sisters of the Army Nursing Service Reserve, whose names are subjoined, left for South Africa on the hospital ship *Avoca* on Saturday last:—Nursing Sisters S. A. Fisher, M. Hilson, A. M. Ferguson, E. F. Beedie, D. Pryde, M. E. Howell, M. B. Nuttall, H. Raggett, A. M. Lashwood, A. D. Cameron.

The following Sisters will leave for South Africa to-day:—Sisters M. S. Barwell, J. E. Mcunt, L. D. Hills, L. D. Minton, J. Galloway, M. I. Cleghorn, J. Cameron, C. Chapman, M. McLeish, A. B. Cameron.

Miss Ethel McCaul, who spent three months on active service in South Africa in 1899, working with Mr. Treves, has a capital article in this month's *Nineteenth Century*, on Army Nursing Reform—a topic we had almost concluded to consider the peculiar property of this journal, so persistently has this vital question been ignored by the medical press—and it is satisfactory to find that many of the suggestions which, from time to time, have appeared in our pages, and which are incorporated in the Memorandum from the Matrons' Council to the War Office, apparently commend themselves to Miss McCaul.

For instance, we have persistently advocated the organisation of "an Army Nursing Department at the War Office, superintended by a fully trained and experienced administrative nursing officer"; and we find Miss McCaul considers that "the Lady Superintendent should be looked upon as a Government official, and be held responsible for nursing and its details," and "her position in the Army Nursing Department should

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