

regulation for the offices for addresses, in order to avoid as much as possible the inscribing of unworthy elements.

These are the cardinal points discussed at the annual meeting of Nosokomos. From what I have told my readers, they may, however, form some idea about the nature and the views of both Associations, the Bond and Nosokomos.

I will not finish this letter before mentioning with a few words the ceremonial opening of the Public Sanatorium for Consumptive Persons at Hellendoorn, by Her Majesty the Queen-Mother, who always shows a lively interest in all things concerning sick nursing and the alleviation of the sufferings of her fellow-creatures.

HOLLANDIA.

Amsterdam, June, 1902.

Pleasant Preparations.

BYNO-CASCADEA.

A useful tonic-laxative recently brought out by Messrs. Allen and Hanburys, Ltd., a firm whose name is synonymous with excellence, is Byno-Cascadea. This preparation consists of Cascara Sagrada and Rhamnus Frangula, two well-known tonic-aperients, combined with Bynin (liquid malt), which acts as a digestive agent. It is specially useful in cases where a laxative is frequently or habitually required, and its effect is to give a tone to the bowels which persists after its use has been discontinued. It may be obtained through leading chemists or from Messrs. Allen and Hanburys, Ltd., Plough Court, Lombard Street, E.C.

GRAPE-NUTS.

There are few people at the present time who have not heard of Grape-Nuts, though there may still be some who are not practically acquainted with this new article of diet. This is a pity, as this food is very highly nutritious, besides being most palatable and easily assimilable. It is a ready-cooked cereal food, composed of wheat and barley, which is predigested. It has been brought out, after years of experiment, by one of the greatest of food experts, Mr. C. W. Post, by whose methods of cooking and manipulation, wholly mechanical, the starch in the grain is converted into grape-sugar, a form in which it is readily tolerated by the most sensitive digestions.

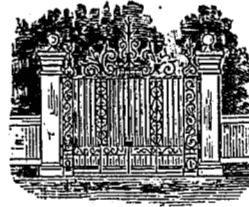
The name is derived from the fact that the grape-sugar can be seen glistening on the granules of the food.

The word nuts is fanciful, but is readily suggested by the crisp condition of the food and its pleasant nutty flavour.

It must be remembered in using this food that it is presented in a condensed form, and that four heaped-up teaspoonfuls are quite sufficient for a meal. It is a preparation of which, as a rule, those who use it do not tire easily; rather it becomes a standing dish with them.

Outside the Gates.

WOMEN.



Lady Ampthill has announced the closing of the Women's Victoria Memorial Fund for the Madras Presidency, which has reached a total of Rs.90,731. Nearly a fifth of this sum has been retained for local purposes in certain districts, half a lakh goes to the Victoria

Hospital for Caste and Gosha Women in Madras, and the residue is to be devoted to the provision of training in midwifery or other medical knowledge for a limited number of women. Lady Ampthill states that the Queen has been "keenly interested" in the movement, and adds that the ladies of the Presidency "have every reason to be proud of the result of the first women's memorial that has been raised in Southern India."

The officials at the national headquarters of the Women's Christian Temperance Union have received word that Lady Henry Somerset will sail for New York on September 26th, in order to be present at the National Convention at Portland (Maine). Lady Henry Somerset will also speak at Montreal, Washington, and Boston. The women orators of America must look to their laurels. Brilliantly as some of them "orate," no other woman in the world can touch Lady Henry for silver-tongued eloquence.

"Needs for 1902" is the title of a chapter in the Report of the London Young Women's Christian Association, which has just reached us. The Association seems anxious to keep abreast of the times, and the Report reminds its readers that every year enough people to fill a large city are added to the population of the great metropolis, and that the number of working girls and women grows in proportion. Hence more institutes, more homes, and more restaurants are required to meet the increasing need. There are already 116 branches in London, fifty-one of which are institutes and homes. The members and associates number over 14,000. To meet the rush of the Coronation season an additional new dining-room has been opened in the West End, where cheap dinners are served in the middle of the day, and premises are being sought for a similar effort in another district. For the carrying on of the work, Lord Kinnaird, the Treasurer, and the Finance Committee require about £8,000 per annum. Those who are interested in the many problems connected with girl life and labour would do well to obtain a copy of the Report from the Secretary, 26, George Street, Hanover Square, W.

Miss Charlotte E. Ainslie, B.A. London, senior lecturer in the Cambridge Training College, has just been appointed head mistress of George Watson's Ladies' College, Edinburgh, one of the principal secondary schools in Scotland, at a salary of £400 a year and part of the Government grant. The post has hitherto been held by a head master.

[previous page](#)

[next page](#)