

this plan it takes rather a longer time to poach an egg, but it is done to a nicety and in the most cleanly way. A piece of bread and butter, or bread toasted lightly, should be placed in the dish or plate, and the egg slipped upon it from the cup without bursting it.

German Oatmeal Soup.—Wash good fresh oatmeal in three successive waters; drain through a sieve; now add one or two slices of lemon, first carefully peeling and removing the pips; add sufficient water to make it of the same consistency as oatmeal gruel; boil it slowly, and stir it for an hour; strain it through a hair sieve, and put sugar or salt, as best suits the taste. About a pint of water to an ounce of oatmeal is the proportion.

Pearl Barley Soup.—Wash an ounce of barley in cold water three or four times, throwing away the water each time; add about a pint of boiling water, a small piece of fresh butter; let it simmer, stirring it constantly till of a proper thickness; season it with salt and finely-cut parsley, mace, or nutmeg.

(To be continued.)

NURSING ECHOES.

* * * *Communications (duly authenticated with name and address, not for publication, but as evidence of good faith) are especially invited for these columns.*

I HAVE more than once noticed in these columns the old complaint that virtue is its own, and only reward in England, and that while nothing is considered too good for men whose business it is to destroy life, anything is considered good enough for men and women who devote themselves, their whole strength, health, and energy, to the task of preserving human life, and alleviating human suffering. Truly it is a strange criticism upon our much vaunted advance in civilization. We rather affect to consider our neighbours across the Channel behind us in most matters, but the stories which I have more than once told in these pages do not to my mind lend much colour to the belief. Quite recently I told how the much coveted Legion of Honour had been conferred on a Nurse who had rendered long and meritorious service in a Civil Hospital.

Now another story comes to us from Tonquin, where it seems that lately the rare distinction of the Cross of the Legion of Honour was conferred upon the Sister Superior of the Nursing Staff. It is stated that the presentation was made by the General in command of the Province, in the presence of the troops, with the following words:—

“Sister Maria Theresa, you were only twenty years of age when you first gave your services to the wounded at Balaclava, and you were wounded in the execution of your duty; you were again wounded at Magenta. You bravely nursed the wounded through all our wars in Syria, China, and Mexico. You were carried off the field at Wörth, and before you had recovered from your injuries you were again performing your duties. When a grenade fell into your ambulance you without hesitation took it up into your hands, and carried it to a distance of 100 yards from the ambulance, when it exploded, wounding you severely. No soldier has ever performed his duty more heroically than you have done, or lived more successfully for his comrades and his country. I have the honour to present you in the name of France and the French Army with the Cross, which is only conferred upon those who have shown remarkable bravery in action. Soldiers, present arms!”

A KIND correspondent writes to call my attention to the “very significant fact that all the recent appointments to Hospital Matronships have been obtained by Members of the British Nurses’ Association.” She very naturally draws the inference that the Members must comprise the *élite* of the younger generation of Nurses, or the chances at any rate would be strongly against such a striking sequence of successes. I may claim to have from the first constantly supported the Association, for I felt confident that only the best class of Nurses would realise the advantages of obtaining its membership. But I had the privilege the other day of seeing an advance copy of the first Annual Report, and confess that I was astonished not only at its appearance, but also at the lists of Members, containing as these do the names of hundreds of gentlewomen who have made their mark in the Nursing world. I prophesy that this Report will be a most crushingly quiet reply to the vulgar invective directed against the Association, in some instances by persons who have been declined as Members! Hence their tears!

APROPOS of this I have just received from a well-known gentleman the following, which he thinks will interest Members of the B.N.A.—“Miss Emily A. Wesley, who has been appointed Matron of the Poor Law Infirmary of St. George’s in the East, was formerly for several years actively engaged among the sick poor, in the North of England, in connection with one of the most important Nursing Institutes in England, for which she had been previously trained. For the past five years she has held the appointment of

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