

(d) A thorough instruction in cooking and house-keeping, partly in the kitchen of the establishment, partly in a large school kitchen.

8. The examination takes place before the Commission in the presence of doctors of eminence.

(The diploma will be given by the German Central Committee after the examination has been passed.)

9. If during the first two months of training a candidate shows that she has no capacity for the post of Matron, the controlling Commission may cancel the further continuance of the same.

10. The call to any particular post and the appointment as Matron will be naturally consequent on an arrangement between the Motherhouse and the applicant for such post.

In general, existing Motherhouses, or those about to be formed, send from their own institution a Sister who has been received in expectation of becoming a Matron. But in other cases the Matrons' school will be asked by the Motherhouses to recommend a Matron.

But the school cannot consider itself responsible for a speedy appointment, any more than the State does in its seminaries for teachers.

Any waiting time that may occur can be filled up by the undertaking of a post of a local Matron or Assistant Sister in a large division of station of a Motherhouse of the Red Cross.

The American Nursing World.

We are glad to learn that the new students admitted to the class in Hospital Economics at Teachers' College, Columbia University, New York, greatly exceed the number hitherto registered, proving the growing appreciation on the part of graduate nurses in the States of this most invaluable post-graduate course. Sixteen nurses have entered this term, fourteen of whom have been superintendents or assistant-superintendents of nurses, and two engaged in private nursing.

Miss Mary E. Thornton, secretary of the National Associated Alumnae, is taking time by the forelock, and this month notifies in the *American Journal of Nursing* that nurses wishing to join the party going to Berlin next June should send their names to her as soon as possible. The plans thus far embrace a period of two months, and visits to London, Paris, Berlin, and as many other places as can be managed comfortably. The time is placed at two months, as that is about as lengthy a vacation as the average nurse feels she can take, but anyone wishing to prolong her time may arrange to do so. The splendid solidarity of American nurses through their National League makes organisation for their professional benefit quite easy.

Miss Agnes S. Brennan is a wonderful woman. When she resigned Bellevue it was naturally thought that she would recline on her well-earned laurels. Not a bit of it. As Superintendent of the beautiful new hospital at Richmond, Va., she is sailing away in the van of progress, and her latest work is the establishment of a post-graduate course of six months, which includes a very full course in dietetics.

Nursing in the Heart of the "Dark Continent."

There could scarcely be a greater study in contrasts than between the life of an Inspector of Nurses for the Queen Victoria's Jubilee Institute and that of a nurse on the island of Likoma, in Lake Nyasa, one of the great fresh-water lakes in the heart of Central Africa. Yet it was the former appointment which Miss Mary Armstrong resigned to take up nursing work in connection with the Universities Mission to Central Africa, and no one who has met her since her return on furlough will doubt that she has found that work—strenuous and responsible as it must be—satisfying and happy.

There is no greater pleasure than to meet nurses who have worked in far-away corners of the world, and to learn from them something of their lives. A graphic description by word of mouth is poorly replaced by a pen and-ink report, and yet, as this is the only method by which many nurses can be brought into contact with their colleagues, it has its uses.

Certainly one of the pleasures—and there are many—of a missionary's life is the opportunity it affords of foreign travel, and an account of her journey is not one of the least interesting of Miss Armstrong's reminiscences. The route to the East through the Mediterranean, the Canal, and the Red Sea is well known; even, after leaving Aden, the journey down to Zanzibar is on one of the great high-roads of ocean traffic. At Zanzibar the nurse *en route* for Nyasa trans ships for Chinde, and after that her journey is made up the Zambesi and Shiré rivers. During this part of the journey progress is only made during the day, for the boat "ties up" at night, and the crew sleep on shore. The rivers are full of crocodiles, which happily are afraid of steamers, but which have no scruple in attacking the occupants of smaller boats, and regard an arm hanging over the side as a toothsome morsel. "Hippos" also abound, and it is sport to them to upset the smaller boats which pass over them as they lie in the river, so the journey inland is not without its excitements. Three times the travellers had to change steamers, and between the changes were carried—twenty-seven miles in one case, and thirty-eight in another—in hammocks by native bearers. This was for the purpose of passing unnavigable waterfalls.

Arrived at last by the gleaming waters of Lake Nyasa, the travellers found the mission steamer *Chauncey Maples* awaiting them, and a few days' journey brought them to their destination. The *Chauncey Maples* was named after the bishop, who, after reaching the lake, was drowned in its waters in a sudden squall without ever reaching the diocese which had waited so long for his coming. It is doing good work in visiting all the lakeside

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