

Panjitarni, round the side of the mountain, over snow bridges. Should you slip and be carried away, you would go to Paradise at once. All the way home I thought so much of the chapters in the Revelations about the mark in the forehead.

I am, dear Editor,
Yours truly,
ELIZABETH NEWMAN.

Suffering of Russian Soldiers.

A sinister picture of the working of the Russian Army Medical Service is drawn by Dr. Dvoretzky, of Moscow, in the columns of a German medical journal. The arrangements for the transport of wounded from the field of battle are of the most meagre kind—the stretchers hopelessly insufficient—the consequence being many poor fellows have to crawl for miles over rough country to reach the railway or the nearest hospital.

New Preparations, Inventions, &c.

"MILO."

Our attention has recently been drawn to a new modification of the well-known Nestlé's Food, to which has been given the name of "Milo." This food is in several particulars different from, and even better than, its predecessor. This is specially noticeable in the reduction in the proportion of starch which it contains. The basis of the food, which is milk, remains the same, and it is manufactured from the best Swiss milk, subjected to careful inspection.

"Milo" contains:—

- (1) A good milk, free from germs, as base.
- (2) Substitutes for the fatty milk particles, the quantities of which have been reduced by compulsory dilution.
- (3) A substance which hinders the casein from coagulating in lumps.

Analysis gives its chemical composition as follows:—

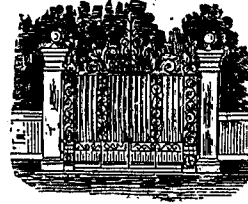
Fat	5.26
Proteid	14.02
Sugar of milk	6.38
Maltose and dextrine	26.12
Cane sugar	27.67
Starch	14.95
Mineral matter	1.95
Water	3.65

100.00

It is very easily prepared for use; all that is required being the addition of boiled water. We have received reports concerning its practical use, for infants and invalids, and especially for the former these seem to confirm the claim which is made that "Milo" is an ideal food. The name of its manufacturer is the best possible guarantee that its excellence and purity will be maintained in future, and we have therefore much pleasure in commending "Milo" to the notice of trained nurses.

Outside the Gates.

WOMEN.



We are glad to know that a resolution will be proposed at the forthcoming meeting of the National Union of Women Workers at York dealing with the unsatisfactory condition of the finances. It is really very discreditable that this Union, numbering amongst

its members some of the most able women of the day, and many wealthy ones, should be content to have a deficit year after year, especially as it does not err on the side of generosity to its hard-worked officials. Let us hope after the annual meeting a serious effort will be made to place the Union on a sound financial basis. It can be done, and it is our duty to do it.

The prompt manner in which visitors to the Berlin Women's Congress were requested to remove their hats, if they were in the least obstructive, by those in the rear, might well be adopted in our theatres. How irksome it is at a *matinée* to keep on dodging sky-high milliners' creations, called picture hats, we all know well. It is a pity theatre managers have not the courage of the German frau—she would make such a nuisance impossible. We women have suitable costumes for various functions; why cannot we agree to wear headgear at the play which is small, flat, and dainty, and thus show some consideration for the comfort and pleasure of others?

The Berwickshire Women's Liberal Association is taking steps to secure the return of women at the forthcoming parish council elections. Mrs. H. J. Tennant, wife of the Member for Berwickshire, succeeds the late Lady Tweedmouth as President of the Association.

Miss Margaret M. Dunn, daughter of Mr. J. Nicol Dunn, F.J.I., late President of the Institute of Journalists, has been presented with a solid silver two-bottled inkstand as a souvenir from a few friends, members of the Institute, "of her graceful Lady-Presidency of the Glasgow Conference."

Churchwomen are never behindhand in generosity to ecclesiastical objects, and, of churches built in London alone, several owe their existence to ladies, while a great number could not have been built without their munificent aid. Lady Burdett-Coutts spent £100,000 on the church, vicarage, schools, and parish buildings of St. Stephen's, Westminster; Lady Pembroke built All Saints', Haggerston; Mrs. Newsom founded St. Anne's, Hanger Lane; and Miss Barnet St. Anne's, Highgate; while Christ Church, Ealing, is the result of the generosity of the Misses Lewis; and St. John's, Isle of Dogs, is the gift of Mrs. Laurie.

It was reported at the last meeting of the Rowley Regis Education Committee that in compliance with the wishes of the Committee all the married female head teachers had resigned, and it was decided to promote assistant teachers in their stead. It was decided that in future when assistant female teachers married they should forfeit their appointments under the Committee.

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