

## Our Foreign Letter from Cape Town.

DEAR EDITOR,—After having visited many of the principal hospitals and nursing institutions in the



South African Colonies, Princess Christian, accompanied by Princess Victoria, before sailing in the *Kildonan Castle* for home, paid a visit to

the Somerset Hospital, Cape Town, on October 11th. Of course the whole hospital was *en fête* for the Royal visit. The entrance steps and the main staircase were carpeted with thick red baize, and large palms and bright cinerarias added a touch of freshness to the hall and corridor which one would fain were made permanent, as well it might be, if the public would present the hospital with plants to stock the conservatory, which has now just reached completion. This addition to the hospital building has made the presence of plants about the hospital possible, and it now only remains for the generous public to see that its existence is not purposeless.

The decoration of the main building was in the hands of the house-steward, Mr. Clyne, while each Sister was responsible for her own ward. The individual wards were all tastefully brightened with fresh flowers, the most popular being the arum and the ornithogolum. The children's ward, always bright and pretty, was turned into a flower garden. Its tables were massed with fresh fronds of maiden-hair fern, out of which arose bright blossoms in vases. The little patients, all in white and in white-draped cots, lay around with an air of expectancy, or crawled to the foot of their cots in their effort to understand the meaning of the unusual excitement. The European portion of these babies, all of whom happened to be blondes, wore pale-blue ribbons on their gowns and in their hair, while their little brown neighbours had their complexion set off by pink ribbons.

The whole of the hospital staff, the directors, the Mayor and Mayoress, and a few invited guests awaited the arrival of the Princess in the entrance hall. Her Royal Highness was received by Mr. H. Beard (Chairman of the Board), Mr. William (Chairman of the House Committee), Dr. Thomson (Medical Board), Dr. Moffatt (Resident Surgeon), Miss Child (Matron), Miss Paul, and Mrs. Wilman. A bouquet was presented to H.R.H. by Sister Farish, who has been ten years on the staff, while the latest addition, Nurse Thomson, gave one to the Princess Victoria.

The Princess and suite then made the tour of the wards, and expressed her utmost satisfaction with their bright appearance, and took special interest in all the bad cases. The Princess shook hands genially with all the nurses on duty in the wards, and expressed a hope that the hospital authorities would encourage nurses to belong to the Royal British Nurses' Association, in order to form a bond of union between the profession in the colony and at home. The Princess specially called the Colonial Secretary's attention to the fact that the Nurses' Home was badly needed, the present

sleeping accommodation being unfit. As you will remember, the Duchess of York laid the foundation-stone of the new Home when here two years ago.

Her Royal Highness was presented with an album containing a group of the sisters and a view of the hospital. It was decorated with a coat of arms painted by Mr. A. Bonn, and was made of silver leaves. The Princess Victoria received a book of snapshots of the nurses and hospital taken by a sister.

The Royal party left the hospital amidst much enthusiasm. SISTER AFRICANUS.

## A True Indictment.

### FLESH-EATING AND THE DISPOSITION.

In an American paper a butcher claims that meat-eating is responsible for most of the bad temper that exists in the world.

"Who are the heaviest meat-eaters?" he asked. "The English. And who have the worst dispositions? Why, the English. Everybody knows that."

"Go to England, and they'll give you nothing fit to eat but meat. Morning, noon and night they'll set before you the best meat in the world, but no vegetables to speak of, no desserts, no entrees; meat only."

"The consequence of all this meat eating is that the red-faced Englishman is worse than a bear to have around the house."

"If you go to France you don't get much meat. The French like fruit, vegetables, salads, a little fish and a little chicken. I'd venture to say that an Englishman eats more meat in a day than a Frenchman does in a week."

"What effect on his disposition does the Frenchman's less, gross food have? A good effect. The French are polite. The world over they are noted for their politeness and good humour."

"But the Japs prove my point best. The mass of the Japanese people live on rice and fruit and sweet-meats and fish. They do not touch meat from one year's end to another. And their temperance and delicacy at table give them the best dispositions in the world. On the streets of Japan there is never any fighting or quarrelling. You never see a disturbance of any kind among that people. Tolerance, courtesy, high-bred and ceremonious manners are as prevalent in Japan as grumbling in England."

"What is the philosophy of all this? Why, simply that meat is a stimulant, like beer, and that after the brief happy effect of this stimulant has worn off there comes a long effect of ill-humour and irritability. All heavy meat eaters have bad dispositions, because they are always suffering from their food's aftermath—because they are, so to speak, getting over a spree."

"This holds good, too, among animals. Lions, tigers, leopards, and the rest of the carnivora are fierce and treacherous and mean. The herbivora—elephants, antelopes, camels—are good-tempered, mild creatures."

## A Generous Gift.

Mr. Cawthra Mulock, son of the Canadian Postmaster-General, has written to the Chairman of the Board of Trustees of the Toronto General Hospital, offering a contribution of 100,000 dols. for the erection of a wing for an out-patient department for the free treatment of the poor, and clinical teaching in connection with that institution. The Board of Trustees has accepted the offer.

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