

much more apologetic and less confident in his request. But his eyes are beseeching, and not to be denied.

"I am awfully sorry to trouble you, Nurse, but one of my poor fellows is ill; he is in a bad way; they are very poor, and I am sure he is not being properly looked after."

Nurse does not wait to hear more, but goes. She sits up for three nights with the "poor fellow," and begins to look like a ghost herself, and her people heartily wish they all lived together on an otherwise uninhabited island. (They gathered afterwards that she had caused much tumult in the minds of the old women who were attending to the patient by her revolutionary ideas concerning the advisability of clean sheets, and of the necessity of giving medicine at stated times instead of when convenient. Also she shocked all their notions of propriety by sitting up alone with him; the rule being that no less than two of the wise women of the village formed a quorum for that purpose, and it was considered more seemly that the wife should sit up as well. In this case the wife had not been to bed for a week, and raised no objections when she was sent off to Nurse's own home for a good night's rest.)

A very clear, bright morning. Someone is up early, and observes it; the family are aroused, preparations are made, and before the village is fairly awake, Nurse and her people are off for a long day's rambling. Late in the evening, the sun setting even more gloriously than it rose, the memory of a perfect day swelling the hearts of the family, they are met at their door by a somewhat irate-looking neighbour.

"Wherever have you been all day? I've been knocking at your door dozens of times. My wife's been dreadful bad, and you said you would come if she wanted you, and there you were—Heaven knows where!"

Her departure is scarcely to be realised.

"Surely it is not a month since your sister came home! We seem to have seen so little of her. How nice it is for her to have her home in the country; such a change from London smoke, and—there now! I never consulted her about poor Cissy!"

J. H.

### Shop Headache.

Shop headache is the result of inadequate ventilation. Why not therefore adopt the Plenum system of ventilation in shops and offices? By this method both in summer and winter pure air and an even temperature could be provided for workers in these establishments.

### Useful to Nurses.

#### ROBINSON'S PATENT GROATS.

What midwife before leaving a case does not go through a list of "don'ts"? Amongst them, "Don't give the baby any butter and sugar; keep your head low, Mrs. Smith, and don't raise it from the pillow; don't take any stimulant, &c." But the midwife's directions are not all prohibitions. She makes sure before she leaves the house that the patient has a cupful of well-made gruel. If necessary she makes it herself, and for this purpose she likes nothing so well as Robinson's Patent Groats, which she frequently carries with her. In this case she takes half a tablespoonful of the Patent Groats and mixes them to a smooth paste with a little cold water. She pours this mixture into a saucepan containing half a pint of milk, or milk and water, and stirs it while it boils for about 10 minutes. She then pours it into a basin, adds a pinch of salt, and when it has cooled a little administers it to the patient and leaves her with a sense of comfort and well-being hardly attainable otherwise. Gruel prepared in the same way is excellent for the midwife, who has been called up at night, to take on her return home before going to bed in the early morning. It is nutritious, digestible, and very grateful, after braving the elements, and several hours of hard work and anxiety. These groats, as well as the patent barley, useful for making barley water for the dilution of milk used for hand-fed babies, were first introduced by Keen, Robinson, and Co., Ltd., London, in 1823, and still retain their popularity.

#### VIYELLA.

Nurses are well acquainted with the virtues of Viyella, but we have pleasure in emphasising its value at the present time when patterns of this charming material for all kinds of uses are especially delightful. The popularity attained by Viyella is due, no doubt, to the fact that it is adaptable to most of the purposes for which flannel is used, while it is unshrinkable, and therefore an ideal material for nightdresses, children's frocks and underclothing, for dressing gowns, jackets, and many other useful and necessary articles of attire. It is also a most satisfactory material for pyjamas, shirts, tennis suits, and many other purposes, so that every family should be well acquainted with its uses. It is obtainable from all the leading drapers and is made in three weights, light, medium, and heavy, as well as in single and double widths. It should be known to every nurse, who will find it useful both for her own use and for that of her patients. The trade mark "Viyella" should always be looked for on the selvedge to ensure obtaining the genuine material.

#### THE PERI-LUSTA HANDBOOK.

The Peri-Lusta Handbook, to which we have on previous occasions directed attention, is an invaluable guide to art and fancy needlework, and the beauty of the coloured illustrations cannot fail to delight all lovers of dainty work. The name Peri-Lusta is derived from Persian and Latin words denoting beauty and brilliancy, and these terms are certainly

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