

natives along the roads in the most primitive manner. It is not unusual to meet a procession of about fifty of these and very unwelcome they are to the rider or the cyclist. At Sekondi, where the tsetse fly flourishes, horses cannot live; hammocks are used there instead of "go-carts" as the roads are bad and it is very hilly. These are slung on poles and carried on the heads of four hammock boys, generally dressed in the picturesque navy blue and old gold uniform of the Gold Coast. It is quite a pleasant means of conveyance and one can lie down or sit inside as one feels inclined, being protected from the sun by an awning overhead. There are beautiful walks about Sekondi, along shady "Bush" paths trodden by natives, or by the lovely sea-shore where the surf breaks incessantly with a tremendous boom, sending a fine briny spray into the sultry air. There is a railway at Sekondi which runs north to Kumassi, so it is quite an important centre; it has also its church, hotel and club, and the steamers from home touching weekly bring out ice, fresh meat and other delicacies, much appreciated after native "chop" (*i.e.*, food.)

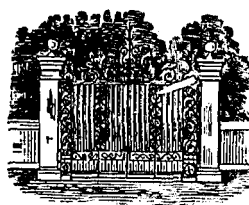
A very interesting and delightful hobby on the Coast is that of collecting butterflies and moths. There are some very fine and beautiful varieties, measuring as much as ten inches across the tips of the wings. The would-be collector requires a dark green butterfly net, pill boxes of various sizes, with glass one side, to receive the butterflies when caught; a killing bottle prepared with cyanide and plaster; a drying box with shelves containing movable setting boards of various sizes, and special pins for setting; wooden boxes for storing the specimens, specially prepared with cork linings. The method of setting butterflies and moths is soon learned, the greatest care being required to draw out the wings and antennæ with fine-pointed forceps (they should never be touched with the fingers), and pinning the wings firmly down with triangular slips of stiff paper on the setting boards. The great difficulty in such a damp, warm climate as the Gold Coast is to preserve them from mould and insects.

To those going to the Gold Coast or West Africa a few "wrinkles" may be acceptable. Trunks should be tin or tin lined uniform cases, airtight and waterproof, as it is not unusual for luggage to get a dip in the surf when landing. All leather things get very spoilt with mildew—gloves are soon ruined unless kept in tightly stoppered bottles. Needles and pins rust very quickly, so the round tin tubes with movable lids are best for needles. *Silver* are desirable. "Cloy" or "Stickphast" is a very necessary item, as stamps are sold without gum. Silk wears badly, so umbrellas are best made of some other material or a mixture. A sun topee, mosquito boots, and a strong green-lined sunshade are very necessary items of the outfit, and, above all, plenty of quinine tablets. Most doctors advise everyone out here to take quinine, grs. x. regularly once a week or grs. v. twice a week and if very much exposed to mosquito bites grs. xv. to xx. a week. Some people are fortunate enough never to get fever, but the climate is very trying and a change is almost indispensable after a year's residence.

N. G. STRANGMAN.

Outside the Gates.

PROCESSION OF SUFFRAGISTS.



The Central Society for Women's Suffrage, of which Lady Frances Balfour is President, and Mrs. Fawcett, LL.D., Treasurer, are making arrangements for a Procession and Constitutional Demonstration on February 9th.

Women have constantly been urged to give some impressive public demonstration of the sincerity of their desire for the franchise, and it is earnestly hoped that many will be able to accord the Society their hearty support in their effort to make this Demonstration a great success.

In order to make the procession striking and impressive, it should be representative, and on a very large scale. This can only be achieved by women realising the vital importance of the occasion, and being ready to make a sacrifice of time and convenience to attend.

Those joining the Procession are requested to assemble at the Band Stand, near Hyde Park Corner at two o'clock. The route of the procession will be, from Hyde Park Corner, via Piccadilly, Lower Regent Street, Pall Mall East, Trafalgar Square, down the Strand, to Exeter Hall, where there will be a great meeting at four p.m.

Now what are trained nurses going to do about this matter? Are they one and all going to play the modest violet, and remain hidden whilst women of all classes are proving that the good old red corpuscle which has for generations inspired British freedom is circulating in their veins? Surely not. We feel sure that a compact squad of trained nurses in their very best uniforms, wearing their medals and badges, would have great influence with the public. Trained nursing is a national asset, the work of trained nurses is a necessity to rich and poor, many daily risk their lives for others, they of all women *deserve* the vote. We may hope therefore that they will courageously play their part.

Several nurses have already intimated their determination to take part in the Procession, and, if it would be helpful, it has been arranged that those who wish to go may assemble at 431, Oxford Street, in the Board Room of the Registered Nurses' Society, not later than 1.30 p.m. on the date arranged. If all nurses would wear a red satin cross, about 3 in. square, on the right breast, they would recognise one another and could walk together. Mrs. Bedford Fenwick, Miss Breay, Miss Cartwright, Miss Wortabet, and several others will help to officer the nurse corps, so that they may present a united front.

Red Crosses can be obtained from Messrs. Garrould, 150, Edgware Road, W.

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