

low wall, we mended our stockings, exchanging greetings with our neighbours, and hearing their shrewd views on the weather and the fishing. Going out to the shed for the turf, we have dallied so long to be thankful for the sunset, that the fire we meant to mend would have been out, if a turf fire could ever go out.

As the evening drew in, with our little three-legged creepy stools right inside the big hearth-place, we conned the triumphs of the day, healthily tired, yet all unwilling to leave the comforting glow behind us.

To me, I think, the most touching part of it all was the delight of the people when "the nurse at the cottage" came to be an established fact.

Many's the time that a poor mother has walked into the cottage with her little one, begging me to take "a shmahl look at the baby, the crathur." Or I have been waylaid on the road for an opinion—usually about something wholly beyond my province. But then, what can you do, with the nearest doctor twelve miles away, and he, perhaps, out on a midwifery case fifteen miles the other side of home, and kept there a day and a night? You *must* help.

Talking of midwifery cases, fellow midwives, what would you think of delivering a woman, with her husband as the "handy-woman"? And yet it is the custom, and sometimes the necessity, in an arduous case at a lone cottage.

It isn't much I have told you of my holiday.

Somehow, those dear people have stolen my heart, and when I want to get talking about me, myself, I can't, for they come uppermost.

A word to close with. I have just been settling my accounts, as I told you. Well, listen:

The cost of two months' housekeeping, including house-rent, light, fuel, laundry, and provisions, not to speak of many excursions in a donkey-cart, and the making of thirty pounds of jam, for two persons, has come to exactly fifteen shillings a head per week—and we lived well too. Indeed, my companion's constant lament was that we had too much to eat—fresh butter, new-laid eggs, creamy milk, home-made bread. If that does not send you to the West for your next holiday, I don't know what will. A.L.B.

## International News.

Miss L. L. Dock is now in Paris, preparatory to leaving Europe for New York this week, and her many friends on this side will wish her bon voyage. She has paid visits to many hospitals and institutions in France, and carries home a vast amount of knowledge thus gained—especially of the whole condition of nursing throughout the country.

Immediately upon reading the report of the misguided action of the Metropolitan Asylums Board in this journal, she sent off a letter of sympathy, beginning, "How wicked and satanic this last attempt; my prayers and blessings for your new battle. Right must win. But, as you say, how hard to be always fighting to keep ground once won."

## Interesting Exhibits at the London Medical Exhibition.

(Continued from page 317.)

### HORLICK'S FOOD COMPANY.

An interesting stand was that of HORLICK'S FOOD COMPANY, of Farringdon Road, E.C. Horlick's Malted Milk has deservedly a high reputation as a valuable article of diet for children and invalids, and also for brain workers. It consists of the purest milk obtainable, which, after it has been pasteurised, is combined with the soluble extracts of wheat and barley malt. The result is that the casein of the milk is acted on by the diastase of the malt, thus rendering it easily digestible. The product is a dry powder, which is prepared for use by the addition of a small quantity of water. It is recommended as a valuable agent in rectal feeding as it is rapidly absorbable.

### PLASMON.

INTERNATIONAL PLASMON, LTD., London, E.C., were showing the various preparations of this useful food. Plasmon consists of milk from which the fat, sugar, and water have been separated. It is thus "the best part of Nature's best food." As it is both tasteless and colourless it can be added to any kind of food. Nurses who are great tea-drinkers should, especially on night duty, make a point of drinking Plasmon Tea, which is a tea of high quality scientifically combined with Plasmon in such a way as to neutralise the tannin. Plasmon Cocoa is also both pure and delicious.

### KEEN, ROBINSON, & Co., LTD.

Midwives and nurses are well acquainted with the value of ROBINSON'S PATENT BARLEY, prepared by Keen, Robinson, and Co., Ltd., who had a well-arranged stand at the exhibition. It is very useful as a diluent of milk in the case of infants reared by hand. Robinson's Patent Groats, from which gruel can readily be prepared, are also a favourite preparation with nurses.

### MIOI.

MIOI, a medical food introduced about four years ago by the Miori Manufacturing Co., Ltd., 66, Southwark Bridge Road, S.E., is becoming increasingly known as an agent of great value in the treatment of wasting diseases. It is now often prescribed in the place of cod liver oil, over which it has distinct advantages, and can be taken in summer as well as winter without disturbing the digestive functions.

### CADBURY'S COCOA.

It is needless to say that the stand of CADBURY BROTHERS, LTD., Bournville, exhibited cocoas and confections which were both pure and delicious. Consumers of Cadbury's cocoa have the satisfaction of knowing that it is made under ideal conditions, and is of the very highest quality.

### FRY'S COCOA.

A feature of the exhibits of J. S. Fry & Sons, LTD., Bristol and London, was their Malted Cocoa, which is a combination of Fry's Pure Cocoa with Allen and Hanburys Extract of Malt.

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