

"And now let me see the mortuary," I said. "Ah," she sighed, "here again we are handicapped by our religion, for the Rabbis will not allow us to hold *post mortem* examinations. Science must stand still, progress is impeded by old traditions which cannot hold good in these days. I ask myself daily is this true religion? and I look around me and I see that all religions if carried out to the letter stand in the way of progress." "Yes," I answered, "you were just telling me how your religion has stood in the way of your training Israélite nurses, see how the vows of nuns have stood in the way of the progress of modern scientific nursing in many countries.

"Ah," she sighed again, "if only I had an English trained Israélite Sister to help me, how much easier my task would be, but there is no money, and the Baron Felix Menasce cannot do everything alone, and the others would not understand the need of the expense."

How I wish Madame Norsa could have been with us at the Paris Conference, and represented the Israélite struggle for nursing reform. She would have heard how every nation has had its fight and how some are still fighting, and others again are only at the beginning of the campaign. Shall we ever forget how deeply we were impressed by the Baroness Mannerheim and her work in Finland? But now that we have met Madame Norsa and come in touch with her, we must hold out our hands to her, and, with the help of the generous Menasces and the wealthy Israélite community of Alexandria, let us hope that the new wards will soon be built and that Madame Norsa's dream of having an English Sister to help her will soon be realised. We had hardly got into the carriage and waved a last farewell, when the Princess said to me: "This is the most interesting afternoon I have spent since I have been in Alexandria now over a year; it really does seem marvellous that this wonderfully brilliant, handsome woman, speaking almost faultlessly four or five languages, should be devoting her life to the administration of a hospital acting as House Surgeon, Matron, Housekeeper, and Nurse, in a country where religion and lack of civilisation knock up against you at every turn, with absolutely no expectation of a heavenly reward. She is simply a woman of noble instincts, leading an unselfish life full of difficulties, and hardships, which she laughingly calls her 'sport!' And what if she is the paid servant of the poor? Could a woman with her talents not have earned a living in a more agreeable and

more lucrative way?" May we not class Madame Norsa with our "Nurses of Note"?
EDLA R. WORTABET.

Practical Points.

Miss Florence Baugh
Downing, in the *Nurses' Journal of the Pacific Coast*,
notes the following interest-

ing points:—

Weak and tired eyes are refreshed by bathing with warm salt water.

To rid a room of flies, put a few drops of pure carbolic acid on a hot shovel.

Hiccoughs are sometimes checked by placing a finger in each ear and pressing firmly.

Chloride of lime is infallible for rats. They dislike the smell and will not go near it.

Heat a lemon before squeezing it, and nearly double the quantity of juice will be obtained.

Glycerine, one ounce; alcohol, three ounces; rosewater, four ounces, will make a perfect balm for chapped hands.

A drop of glycerine placed on the tongue after anaesthesia will go far toward relieving the dry, parched condition of the tongue and throat.

If broth is to be used immediately after it is made, the fat may be removed either by straining through a napkin which has been dipped in cold water, or by being poured through a glass funnel in which absorbent cotton wet in cold water has been placed.

An excellent polish for instruments and silver can be made as follows:—Whiting, half an ounce; spirits ammonia, half an ounce; water, half an ounce; alcohol, one ounce. Shake thoroughly in a bottle. Use a soft cloth in applying, and polish with a chamois before it is quite dry.

Bo'vril or Bovril?

The question that has been agitating the minds of the public lately as to the pronunciation of the famous word Bovril has been decided in no uncertain manner by the recent competition. Notwithstanding the large number who voted for BO-vril, the verdict has been given, by a majority of 94,640, in favour of BOV-ril, and Mrs. Brain, of Shirehampton, near Bristol, by giving the exact number forming the majority, has been made the fortunate recipient of £100. The second prize of £25 was, with one of the £5 prizes, divided equally between Mr. E. Chatel, of the Isle of Man, and Mr. Tizard, of Uxbridge Road, London, both these gentlemen tying for second place.

Whether pronounced BO-vril or BOV-ril, this beverage is always very acceptable at this season of the year.

The Queen has sent a donation of £10 to the Marie Celeste Samaritan Society of the London Hospital. The Marie Celeste is the Maternity Ward.

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