

## Practical Points.

Horlick's  
aluminium  
Shaker.

Most nurses are acquainted with Horlick's Malted Milk, and know its value as a recuperative agent, not only during many forms of illness, but in the trying period of convalescence, when the ingenuity of the nurse is often taxed to the utmost to provide a nutritious, palatable, and easily-assimilated diet. Horlick's Malted Milk meets all these requirements, as it is prepared by elaborating pure full cream milk *in vacuo* at the pasteurising temperature with the extracts of selected malted grains. By this process the milk is enriched with carbohydrates, and with the organic phosphates of the grains, and the casein is physiologically altered into soluble form. Merely by the addition of water, therefore, it is ready for use. But, though this sounds very simple, much depends upon the way in which it is prepared, and most nurses know that if this preparation is mixed in water with a spoon in the ordinary way some of it is apt to stick to the spoon and be wasted. It is found as a matter of practical experience that it is much better prepared by shaking than by stirring. To meet this need, therefore, the proprietors have designed an aluminium shaker, by means of which, if the directions are followed, the malted milk can be thoroughly mixed with the water without any residue being left. The shaker costs only 1s., and can be obtained through any chemist or stores, or from Malted Milk, Ltd., Slough, Bucks.



Fig. 2

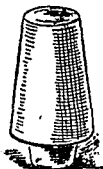


Fig. 3.

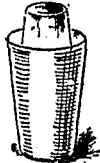


Fig. 4.



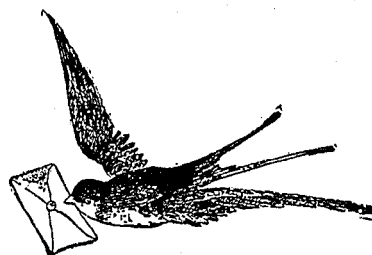
Fig. 5.

The four illustrations on this page show clearly the method of procedure. The whole series consist of five, but we have omitted No. 1 as being unnecessary for the purposes of this notice. No. 2 shows the malted milk being measured into a tumbler half full of water; No. 3 shows the aluminium shaker inverted over the glass; No. 4 shows the two in the reverse position; and No. 5 shows the position of the hands of the person preparing the milk, the thumbs holding the glass in position, and the fingers of each hand surrounding the shaker as they are energetically shaken. The glass is then removed and the contents of the shaker poured into it, when they should be found to be completely amalgamated. It is a simple and effective contrivance, which should be in every household.

At the Women's Work Exhibition at Olympia, Stand 142, Malted Milk, Limited, will give demonstration should pay this exhibition a visit.

## Our Foreign Letter.

## LA PROVIDENCE—A FRENCH HOSPITAL.



It was quite by chance we heard that Dinard possessed a hospital at all. One night a concert was given

at our hotel in aid of its funds, and next day found us on its doorstep. It is near to the St. Enogat tram station on the outskirts of the popular resort, Dinard, on the Brittany coast.

The hospital of La Providence, Dinard, was partly founded by an English doctor, who formerly resided there, and I believe it still maintains an English nurse. For the rest, it is worked by Sisters, and worked well. We were most courteously received by the "Directrice" (who is the equivalent to the English Matron), who showed us all there was to be seen. There is a nice, well-equipped kitchen. Then we saw the out-patient department, attached to which are several baths. There is also a well-fitted bathroom for treatment by means of douches, etc.; upstairs, again, are more baths for use by the in-patients. Never have I seen a hospital so amply provided with well-fitted up baths and bathrooms as this.

La Providence has well-equipped pay wards, where those patients of means may be nursed; it has also airy, sunny, comfortable wards for the free occupation of poorer patients. Sitting in one of these we saw a picturesque, rosy-cheeked old lady of 87, knitting industriously by the wide-open window.

The next thing we saw was the theatre, which is in two separate divisions for septic and clean cases. Here, again, all was nice, and, as everywhere, well-kept and spotless. After the theatre the pretty little chapel was shown us, where any patient who wishes may attend service.

Near to the chapel is a dispensary, which we also saw. Outside is a large, well-cultivated kitchen garden, where the vegetables used in the hospital are grown, and round the neat, trim paths of which the convalescents may walk at will.

Finally, the Directrice showed us with justifiable pride her well-kept, docile cows, for the milk is also a product of the establishment. There were also a number of hens and rabbits, so that the Sisters have quite a farm under their care.

Altogether, as we walked between the borders gay with flowers, to the gateway of the hospital grounds, we felt full of admiration for the hospital of La Providence, where we felt sure the sick of any nationality, whether rich or poor, would meet with every care, and receive skilful nursing and treatment. It added to the pleasure of our visit considerably to find that the Directrice spoke excellent English.

MARY C. FAIR.

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