

ment" without realising its meaning. It was apparently originally employed to represent the whole period during which a mother was withdrawn from her usual occupations by the act of giving birth to a child; but it is now used in the more limited sense as a synonym for the actual process of parturition.

In the sections "Early Motherhood" and "The Child," much advice is given which will be useful to mothers, both in the care of their own health and in bringing up their children, especially in regard to the management of the minor ailments of infancy and childhood.

The last section deals with the menopause, describes the symptoms, and the means which may be taken for their relief.

The book, which is published by Messrs. Charles Griffin and Co., Ltd., Exeter Street, Strand, W.C., price 5s., is an admirable work of reference which should find a place on the bookshelves of every wife and mother.

#### THE CULT OF HEALTH FOR WOMEN.

A useful booklet on the above subject has been brought out by Mrs. Helen Best, whose writings are already well known to nurses, and whose pamphlet, "The Face: Its Care and Treatment," has proved most popular. The present booklet is divided into three parts.

Part I. deals with (a) the face, and (b) the five senses, with the care of the different organs concerned, showing how necessary gentleness and carefulness are in attending to these delicate organs in young children, and how easily damage may be caused by any roughness or want of skill.

Part II. deals with the body, the bust, the hair, the feet, the waist, the abdomen. In regard to the feet, a most important subject to nurses, the author first urges upon mothers to be most careful in the training of their children's feet—to let them wear square toe boots, with plenty of room and flat heels. Like hands, feet should be put into wear that fits them. Those whose work entails much standing she advises to wear boots.

Part III. is concerned with facial disfigurements and blemishes, including superfluous hair, red noses, greasiness of the skin, blushing, and freckles.

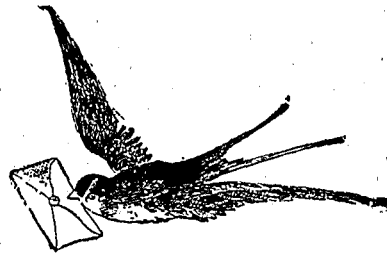
Mrs. Best concludes with a cordial invitation to all who are interested in her small treatise to call upon her at 524, Oxford Street, W., where she receives callers daily; she will also forward a copy of the booklet gratis to any nurse upon request.

#### INGRAM'S PATENT "AGRIPPA" BAND TEAT AND VALVE.

In connection with the notice in our columns last week drawing attention to the special band teat and valve (the "Agrippa" Band Teat) of Messrs. J. G. Ingram and Son, the London India Rubber Works, Hackney Wick, N.E., it should be clearly understood that they are not makers or vendors of feeding bottles, but only of the band teat and valve, which is proving indispensable to careful nurses and to mothers unable to breast-feed their infants. Messrs. Ingram will be pleased to send to professional nurses, mentioning this journal, a free sample of their band teat and valve.

## Our Foreign Letter.

"VENITE ADOREMUS DOMINUS."



From time to time I have written to you about some of my patients, but have never, I think, given you a glimpse of the hospital,

so that you may have an idea of the real home, in which we nurse the Arabs. The balconies extend all round the hospital. There, during convalescence, after some long and trying illness, the women and children lie for hours during the daytime, drinking in new life and health from the glorious breeze that comes straight from the sea, for it is nearly all round the hospital, this lovely blue Mediterranean, such a view! They watch the steamers come and go, and they wonder what it must be like *fil-blad-Ingles* (in England). Some of the patients prefer to sit on the balconies on the one side that is not surrounded by the sea, and there they have a still more beautiful and varied scene, dark green foliage laden with thousands of oranges, stately palm trees waving their feathery plumes, and the lovely soft hue of the Judean hills in the distance. When nearly well, for about a week or two, before the patients are discharged, the women sit and work on these balconies, helping with the mending of the ward-uniforms and bed-linen, and the children play around them, happy as the day is long.

I was much amused the other day on finding the children had arranged a miniature ward on the balcony with their dolls and some boxes of bricks. The dolls were all spread out in a row, and pieces of calico put over each for a sheet; between each was a wooden brick, which stood for a locker, and on it a tiny tin cup from a doll's tea service; this was intended to represent a mug of milk or water. I noticed one of the dolls was very pale, the rosy paint all gone from its cheeks from over-much washing. A little girl came up to me and said in a hushed voice: "Matat, ya sittee, alwacht." (She died, just now, lady). Soon after this I heard a prolonged wail, and on going to see what was the matter I learnt that the children were acting the death-cry for the poor little dolly. Weird, wasn't it? The next day the doll must have come to life again, the children had coloured its cheeks, and she was now the bride at a wedding.

And now I want to tell you about the two little children in the picture.

I can almost hear some of the readers of the *JOURNAL* saying, "Surely those are not Arabs! They look more like French or even English children." Quite true, but they are Arabs, nevertheless. The boy is Mohammed, and, as his name implies, is a Mohammedan, for he is named after the Prophet; the little girl is Zareefy, Arab by race, Greek by religion. They were admitted the same day, and Mohammed was given only two days to

[previous page](#)

[next page](#)