

REFLECTIONS

FROM A BOARD ROOM MIRROR.

The Nurses' Home, Chandos Street, Strand, where the Nursing Staff of the Charing Cross Hospital is housed, has just come out of the clutches of the painters, who have invaded their domain for the past month with very satisfactory result. The walls of every room have been covered with a charming self-coloured paper of a soft neutral tint, a marked improvement upon the colour-washed walls which constituted the previous scheme of decoration. These papered walls have given the "home-like touch" to the rooms. Each Probationer keeps her own room during the four years of her training, and is thus enabled to impart to her surroundings her own individuality in the choice of pictures, and the many small extras which go to make the room part of oneself.

A delightful metamorphosis has been effected in two of the wards belonging to the old and original part of the Charing Cross Hospital, through the generosity of Mrs. William Hunter (wife of Dr. Hunter, Hon. Physician, and Dean of the Medical College), and Miss Huntington, a personal friend, who have had the Golding and Alexandra Wards painted white. Those who recollect the sombre green walls, with terra cotta relief alone will be able to thoroughly appreciate the change to light and brightness. The generosity of these two ladies is greatly appreciated by the members of the Council of Charing Cross Hospital, and by the Nursing Staff, to whom the exhilarating effect of a light ward is a vast help in the daily routine of work.

Mme. Sarah Bernhardt paid a visit to the hospital on Tuesday afternoon, and was delighted with everything. She inscribed her name in the visitors' book, adding the words, "Quel admirable hôpital," at the same time handing to the secretary a handsome donation. On leaving, Mme. Bernhardt said that what had impressed her so much in the hospital was the presence of flowers in the wards. "Flowers are so good for the heart," she said.

A new casualty department at St. Mary's Hospital has been completed at a cost of about £8,000, towards which King Edward's Hospital Fund for London has contributed £1,800, and £4,700 has been subscribed by the public, leaving £1,500 yet to be provided.

Mr. Stuart de la Rue has forwarded a contribution of £500 to the Royal Hospital for Diseases of the Chest, City Road, E.C., for the endowment of a cot.

Towards the sum of £6,000 required by the Birmingham and Midland Hospital for Women for the extension of the hospital at Sparkhill,

£3,833 has been received and an effort is to be made to raise the balance during the next four weeks.

The Royal Free Hospital has completed the purchase of one and a-half acres of freehold land, adjoining their premises in Gray's Inn Road, W.C. It is intended that building operations shall be proceeded with immediately.

The Nobel Prize for Medicine for 1912 has been awarded to Dr. Alexis Currel, of the Rockefeller Institute in New York, for his works on the suture of vessels and the transplantation of organs. The prize this year amounts to about 195,000f. (£7,800).

The American Journal of Nursing has removed its editorial office from 247, Brunswick Street, to 45, South Union Street, Rochester, N.Y. It is, says our contemporary, "more than a change of address; it means the taking of the *Journal* from the home of the editor-in-chief to the house just opened as a central registry and club house by the Monroe County Registered Nurses' Association. It has always been our belief that a central directory, wherever established, should be made the centre of nursing interests of a city, and we are, by this move, endeavouring to practise what we preach."

HORLICK'S MALTED MILK.

Horlick's Malted Milk is very popular as a beverage, and it is therefore satisfactory to know that it is not only pleasant to take, but it has great nutritive value. Mr. Wentworth Lascelles-Scott, late Public Analyst for the counties of Derby, North Staffordshire, and Glamorgan, in an analytical report recently issued, shows it to be of the following composition:—

Total proteids or flesh-formers	16.67
Total fatty matters	9.13
Dextrins	19.11
Total saccharine matters	48.59
Mineral matters, including phosphates ..	3.18
Water (hygroscopic moisture)	3.32

100.00

The above analysis shows it to be a food of great flesh-forming and recuperating value.

Another point in its favour is the presence of nearly three-quarters of one per cent. of lecithin (included in the fatty matters) "that remarkable Phosphorised Fat which is the vitally important food of the white corpuscles of the blood."

The restorative powers of this Malted Milk can easily be proved if it is taken by anyone who is fatigued. The Sphygmograph proves for us scientifically what we already know practically, and records a marked improvement in the heart action in from 20 to 75 minutes after giving "Horlick's," demonstrating its value as a food for the debilitated and aged, as well as for infants.

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