

of the "Waverley" system of payment while the books are being used.

#### PLASMON PREPARATIONS.

A new food recently introduced by International Plasmon, Ltd., 66A, Farringdon Street, London, E.C., is Plasmon Oat Food, the finely ground kernel of the finest Scotch oats combined with 10 per cent. Plasmon. It will be realised that this is an exceedingly nutritious as well as delicious food, for the value of oatmeal as a body builder is well known, and Plasmon is the pure proteid of milk together with the organic salts and natural phosphorus. We have every confidence, therefore, in commending it to the notice of our readers. Plasmon Oats are another preparation which can be used for a variety of purposes, delicious and nutritious porridge and oats scones being easily prepared from instructions supplied with each package. There are also many other Plasmon specialities, among them tea, arrowroot, blancmange powder, diabetic biscuits, chocolate, and others.

#### A NEW PREPARATION.

A preparation recently put on the market by the well-known firm of Charles Zimmermann & Co., Ltd., 9 and 10, St. Mary-at-Hill, London, E.C., is Grotan. Lysol, which is supplied by this firm, is widely used by nurses and midwives as an antiseptic of proved value. Grotan is also an exceedingly powerful antiseptic in tablet form, non-poisonous, soluble in water, and without disagreeable odour, for the slight odour attached to the tablet disappears when it is dissolved. It has the further merit that it has no injurious effect on the skin, does not attack metallic surgical instruments, and its germicidal value is not destroyed by soap—strong points in its favour which will commend it to nurses and midwives.

#### VITAFER.

Messrs. Southall, Bros. & Barclay, Ltd., Birmingham, are to be congratulated on securing a gold medal at the International Congress of Medicine in London last year, for the excellence of Vitafer as a tonic food. It has been described as "super-nourishment for brain and body," and consists of a scientific combination of the entire Protein of finest British milk combined with organic phosphorus. It is claimed for Vitafer that it builds you up, the nerves are fed, not merely stimulated, the blood is enriched, and the entire system revitalized.

#### STERILIZERS AND BAGS.

The Medical Supply Association, 167-173, Gray's Inn Road, W.C., a firm well known to and appreciated by nurses, has put upon the market a very useful Steam Sterilizer (Macdonald's), which can be used over a fire or a gas burner. Its very moderate price should commend it to proprietors of nursing homes and the smaller hospitals, and its efficacy is unquestionable. It gained a gold medal in 1913, as also did the Nurses' Bags, supplied by the same firm.

## SOCIAL SERVICE.

### SISTER HENRIETTE ARENDT (TRAINED NURSE).

(International Child Rescuer, formerly Police Assistant in Stuttgart.)

She has come at last. We have been expecting her for nearly two years, but she is an International possession, so we have had to wait our turn. She was the first policewoman in Europe, and held the appointment for six years; her work was the care and help of criminal women and prostitutes. Some concern for waifs and strays would naturally grow out of such work; and Sister Arendt, who has a passion for children, began to enlarge her own sphere. This the police authorities objected to, and laid it down that the women and young people only were her concern. Constructive minds, such as hers, cannot tolerate artificial barriers and straitened limitations, so she threw up her work and constituted herself child-rescuer.

She has a big battle to fight all along; the local authorities are frequently against her, and regard her as a dangerous revolutionary, a disturber of the peace, an interfering busy-body! She relates it all with a laugh, and declares that she has a thick skin; and "I am a Radical," she says, "and *must* do a thing thoroughly, or leave it alone altogether." So she proclaims her nationality, thoroughness being the essential characteristic of the Germans.

To break the fetters that vice and cruel circumstances have forged round the helpless among children, she claims as her mission; she must be free to do—not only so much and no more—she must do *all* that it is possible to do for these little unfortunates. This brings her in conflict with many authorities, but her worst enemies are the traffickers in children. The press, unfortunately, renders assistance in this evil traffic, by publishing advertisements of illegitimate and unwanted children for sale! This is the opportunity of the traffickers, who buy the children for immoral purposes, and also often cruelly maim them to render them serviceable as beggars! This is *also* Sister Arendt's opportunity, who watches for the advertisements, and intercepts the traders.

With dauntless courage she attacks the traffickers in their own strongholds by the subtlest of weapons—to gain all the information she requires, she assumes various disguises, and cheats them into believing she is an ally. On three different occasions, in three different countries—while acting the part of a spy, she has been secretly warned against herself! She promises gravely to take necessary precautions! and, so, by astute remarks and feigned sympathy, she skilfully possesses herself of the secrets so valuable to her. In this and other ways she has rescued very many during the eleven years that she has devoted herself to this altruistic work.

Sister Arendt gets most of these children adopted—one of them she has taken herself. The sick and

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