

necessary touch of colour is given by the bright-hued flowers on the tables in the centre. In the cots are little Belgian children, many only babies, with pathetic dark eyes, and black hair, some of whom sit up in their beds and refuse to be comforted, and small wonder considering the strangeness of their surroundings, and that they have been a week on the way. In this ward also are girls, and beyond is one for men—men who lie thoroughly exhausted and tired out, needing sleep and food to enable them to face the battle of life once more.

Close by are the quarters of the Matron and nurses, who are assisted by many willing helpers from the Board's hospitals in their off duty time.

The men sleep in the great amphitheatre. Tier upon tier, row upon row, one sees the mattresses and blankets, which at least provide warm and comfortable beds for the night till some more permanent home can be found for these poor people. Similar accommodation is provided for the women and children in the great halls.

One of the needs of the moment is for toys. Imagine a great family of children to keep happy and amused and nothing for them to play with. Only—lest some should read these words and hasten to despatch boxes of toys—let them be sure to pay the carriage. Children's clothes too are needed. These refugees have very few possessions, therefore let wardrobes and drawers be overhauled and all good and useful clothing which can be spared be sent to the Earl's Court Depot at once.

### A HUNDRED HINTS FOR RED CROSS WORKERS.

Miss Katherine S. Macqueen, Principal of the Royal College of St. Katherine, so well known in the Nursing world as late Nursing Superintendent for England of the Queen Victoria Jubilee Institute, has issued a booklet, which can be bought for 3d., giving "A Hundred Hints for Red Cross Workers." In the preface Miss Macqueen writes that, "The hints are chiefly the result of personal experience," and under the five sections (1) Personal Preparations, (2) Nursing and First Aid, (3) Ways in which those who are not called out for Hospital work may be useful, (4) Hygiene in the Home, and (5) Help in country places, much wise and pithy advice is given. For instance: "Experience has taught us that there is more sick nursing than surgical work to be done in times of war."

"Get your kit ready now. See that it is fresh and spotlessly clean, buttons being sewn on. Look out a pair of suitable shoes; those you have worn for some little time are better than new ones; they should not be too thin. . . . Avoid stockings with a seam down the sole. "Have a reliable watch with a clear face and a second hand."

"Sometimes it happens that one is asked to do things that have no connection with nursing, and which may not have come into the scope of

one's knowledge, such as to help a man to make his will. Such little books as Burroughs & Wellcome's Nurses' Diary give a great deal of useful information in a handy form, will making included."

"Try to be cheerful without being foolish; friendly without being familiar; sympathetic without being fussy."

"If you are set to watch a delirious patient in the absence of a trained nurse, be careful not to turn your back on him. I know of a case in a military hospital in South Africa where a patient suffering from enteric fever jumped out of the window with fatal results."

"Strict economy should be exercised in the use of dressings and drugs. Very special care should be taken about this at present, as there may possibly be some shortage owing to the fact that so many of our drugs come from Germany."

"Surely this is the time to set the house in order if it has not already been done. It is most important for the nation that the general standard of health should be at its highest in time of war, in order

(1) "That all may be efficient;

(2) "That healthy children may be reared;

(3) "That infectious diseases may be combated;

(4) "That, if the future brings privation, the body may be in a condition to resist it. . . . Make an onslaught on flies or any insect; rats also where they exist."

This useful little book is published by Christophers, 22, Berners Street, London, W., in a pretty grey cover, printed in red. Red Cross Workers will find it just suited to their needs.

### CHECK YOUR GAS BILL ON THE HEARTH.

One of the greatest comforts to a chilly or delicate person is a fire in the bedroom. By its means not only are chills and consequent illness avoided, but the utility of the room and the well-being of its occupant are increased. To a studious or busy person a room to call one's own is one of the greatest of boons, and where a fire is permitted many bedrooms can be used as cosy sitting-rooms also. The difficulties in the past have been first the increased labour, abolished by the use of the gas fire, and secondly the cost of fuel, which in the case of a gas fire has been unknown until the advent of the gas bill. Careful householders have therefore felt compelled to restrict the use of gas fires. Now the unknown has no further terrors, for each individual fire can be checked by a little clockwork contrivance on the hearth, and paying guests and wage-earning members of families can use the gas with comfort, knowing that they can pay for the exact amount consumed.

Since the National Gas Exhibition the makers have been unable to keep pace with the demand for this "Check it on the Hearth," which, with other bye-meters, deserves to be much better known than at present.

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