

women, like their unfortunate sisters in Belgium and in Poland, might, alas! have neither husbands nor children to care for!

WHIFFS FROM THE EAST.

Thus the women of India had come forward and helped the women of England most nobly. They had given money; with their own hands they made the chutnies and other dainties which Belgaum had been sending to the hospitals throughout the fighting zone, and also to the hospital ships. These dainties were called "Whiffs from the East," and they had been a great success. Bidis, amsol, tobacco, snuff, pickles, betelnuts, methkut, chutney, cocoanuts (dry), spices, and hair combs, cardamoms, cloves, chunam, and catechu.

Mrs. Laurence told a tale of how, hearing a great clatter on her verandah, she found her large red Malabar squirrel had evidently caught a "whiff from the East." It had managed to open a wooden box, and to lift up the lid of the tin, and went careering away with half a cocoanut in her mouth; as it had never stolen before it was evidently the "Whiff from the East" which had led it into sin—so by this it could be guessed how tempting these dainties were!

Mrs. Laurence spoke of the care of the sick and wounded in the hospitals, and of the self-sacrifice of the women who helped them. She knew of a little English Bible woman whose salary was very small, who gave the whole of one month's pay to relieve the sick and wounded, and of a little Brahmin woman who used to sit up night after night till one and two in the morning, knitting socks. But there must be many cases like this, for it seemed to be the fate of Germany to arouse in the womanhood of her enemies the spirit of sacrifice. Indeed, Germany, in the words of R. L. Stevenson is "stabbing our spirit broad awake."

MORE PRECIOUS THAN RUBIES.

Mrs. Sarojini Naidu, the well-known Indian writer and poetess, from Hyderabad, in course of a very eloquent speech said that in this great Indian Continent there was not a single Native State that had not contributed its share towards this war. She was proud to say that the womanhood of India had risen to the occasion and had sent its priceless treasures to the war—their fathers, brothers and sons—as champions to fight the cause of justice. They had shed their blood for the Empire—blood more precious than rubies.

Here in India, Mrs. Naidu had seen Indian Princesses, and ladies of noble birth, who had given up all frivolities and had spent night after night in stitching coarse garments for the soldiers on the field until their delicate fingers bled. The Indian womanhood had materially helped the soldiers in the field with their prayers—it was a common sight to see the women of the speaker's village keeping vigil night after night and sending currents and currents of the waves of their prayer for the success of their fathers, brothers and sons

fighting the cause of the Empire. These prayers, Mrs. Naidu devotedly hoped, had strengthened the men in the field.

A NEW HEAVEN.

The practical issue of this great struggle, said Mrs. Naidu, was the unification of the womanhood of the wide world. The prophets and seers of old had seen visions. And Mrs. Naidu saw great blessings in store to the coming human race after this war. It would be the beginning of "a new heaven and a heaven on earth." The old civilisation was crumbling to dust—chaos, death and destruction had overtaken it. Every mother's prayer now should be—May my child grow up to help in unifying the great federation, brotherhood and sisterhood of the coming human race. Those who had sown would reap a hundredfold.

Munificent subscriptions were announced, and a young Mohammedan lady handed to the chairman a large collection made by the Mohammedan purdah ladies present.

OUR FOREIGN LETTER.

LETTER IX.—ECHOES OF THE SAN FRANCISCO CONFERENCE.

"The very word 'help' implies a broad democracy, for help is not possible alone."

These potent words, so pregnant with far-reaching meaning, might very well stand as a motto or maxim for all nurses. It is—as I like to call it—a golden pointer, and was uttered by Miss Mary Gardner, President of the National Organization of Public Health Nursing, and forms part of her address. Help is at all times a beautiful word; it implies also co-operation, altruism, humanitarianism, and in its essence might be made to stand for *duty*. It impresses one particularly at the present time because it is materialised into so much splendid work in connection with the War, in which neutral countries have taken a large share, principally America. Miss Gardner goes on to amplify her idea of help in the following words:—"As each citizen brings his or her quota of ability, placing it at the disposal of all, the privilege of corporate strength is felt, while at the same time consciousness of individual talent and preparedness is quickened. One brings the gift of knowledge and the power to teach which start on their way the young nurses eager to join the ranks of the helpers. Another brings the executive ability which makes possible the complex management of the hospitals, changing helpless misery to bearable discomfort. . . . Others again go from house to house bringing order out of chaos in disordered lives, and gradually changing the health situation for whole communities. It only matters that the gift of each should be valuable in its own way, and that it should be offered with the right spirit. The demand of the present day is for efficiency, which we are a little too apt to place over against what we term the senti-

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