

carry the loads. Our kitchen boy came to cook, one head table boy to wait, and we brought two small schoolboys to wait on us, make beds, &c. They were so excited about coming, and walked so well all the way. . . . Our camp was pitched by three o'clock, and we sat down to afternoon tea; after tea we went for a walk, and sat for some time watching a party of monkeys in some trees near the water, which, by the way, did not look very prepossessing, but of course it was boiled before we drank it. We retired very early. I insisted on a big fire being lit just near my tent door, in case of lions coming too near. We meant to make an early start the next day, and so we did: we got up at 4.15. It was dark but for the stars. Our ablutions, and most of our toilet, were performed by a blazing big fire; it was really cold. The tents in the meantime were being rolled up, and all the men were busy round us. It was lovely when the day broke; we travelled through forest, most of the way, single file. However wide the road, Africans always walk like ducks, one behind the other; so, except where there are many Europeans, the road is always a path for one. Dora Mann soon took to her bicycle, and I walked for about three-quarters of an hour. We arrived at our halting-place at a hill called Nkufi at 8.30. There we had breakfast, and found some beautiful clear *cold* water. At nine we started again. I did not enjoy the last three hours. My finger ached horribly, in spite of soaking and fomentations. By the way, the machila always jolts you a good deal; the sun was very hot, and we were climbing steadily nearly all the way. However, that was soon over, and we were at our destination by mid-day. . . . We have all our meals out in the open—our dinner by the light of a big wood fire. On Tuesday we got up at sunrise, 6 a.m., to climb Chipata. It was a lovely morning. I went the first bit of the way in a machila, and was very doubtful about getting to the top. There is no path; the grass is often high above your heads, and you have to crawl on your hands and knees through thorny bushes; in places near the top you can get no foothold. Miss Mann climbed splendidly, like a cat, and so did the boys. I nearly gave in, but finally got to the top, which consists of big boulders. I was roped to two men, and the chief who conducted us also gave me a helping hand. The view was glorious: ridge after ridge of hills and rolling plains. We could just see the lake and our lagoon. . . . Climbing down the hill was not so fearsome as I expected, but with a rope round one's armpits and three men to help I just managed it. We got back in good time, and very much enjoyed a hot bath. The

first few days it required some courage to wash in the morning, the water was so rich with red mud; but the third day the boys found some nice clean water.

"Wednesday evening we walked to a little village in the hills. No white woman had been seen there before. The chief had a big house built square, not round, as is usual. He had possessed a herd of ten goats, but leopards had taken them all but one."

LEAGUE NEWS.

ST. BARTHOLOMEW'S HOSPITAL, ROCHESTER, NURSES' LEAGUE.

The first general meeting of the St. Bartholomew's Hospital Rochester Nurses' League, held at the Hospital on St. Bartholomew's Day, August 24th, was voted a great success, and the sun shone all the time.

Previous to the meeting a short and very beautiful service was held in the chapel, the psalm and lesson being particularly well chosen.

The League was founded in March of the present year, with Miss Pote Hunt as President. It is satisfactory that the Treasurer was able to announce a satisfactory balance in hand.

We are glad to learn that the League has, with pleasure, accepted the invitation of the National Council of Trained Nurses of Great Britain and Ireland, conveyed through the Hon. Secretary, to affiliate with the Council, thus bringing its members into relationship with the other professional societies of nurses associated in it, as well as with the International Council of Nurses:

Miss M. S. Rundle, R.R.C., Secretary of the College of Nursing, gave an address, setting forth its objects—invitations being sent to the nursing staffs at the Naval Hospital, Fort Pitt Hospital, Gravesend General Hospital, and the Maidstone General Hospital, to be present. The Chaplain also spoke on education and religion as applied to nurses.

At the conclusion of the meeting there was a most enjoyable garden party, at which many friends from surrounding hospitals and elsewhere were present.

In acknowledging the notice of the League Meeting inserted in THE BRITISH JOURNAL OF NURSING, the Hon. Secretary wrote:—"The JOURNAL is largely read in this little corner, and appreciated for its excellent contents and the nice paper and printing."

The League keeps a Register of all its members on the card system, with their subsequent posts, with dates, &c.

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