

No General Night Superintendent.

Probationers; 6 a.m. to 4 p.m. Takes mid-day meal in ward kitchen. The "Sister" is thus single-handed from 4 till 9.30 p.m.

Polish household meal hours are rather different to ours. Light breakfast; principal meal of the day is dinner, 1 to 5 p.m. Tea, coffee, and ices are taken before 11 a.m. and after this meal (7 p.m.), and then a heavy supper about 10 o'clock. Many of the restaurants in Warsaw were in full swing again at 11 p.m.

J. B. N. PATERSON.

HORLICK'S MALTED MILK.

The utility of Horlick's Malted Milk is almost unbounded. All members of the Medical and Nursing Professions are well acquainted with its value as an easily digested and highly nutritious diet for invalids and convalescents, also a perfect food for infants. The company advertise it as "The Ideal Food from Infancy to Age," and practical experience fully endorses this claim. Not only does it assure the healthy growth and development of children, and furnish a light and suitable diet for those enjoying the quiet days of age, but it has become exceedingly popular with athletes and those engaged in the strenuous side of life's activities. Being a light, easily digested and highly nutritive food-beverage, it strengthens, invigorates and builds up sound flesh, bone and muscle. Business men, too, have come to look upon it as an excellent quick lunch and pick-me-up.

Horlick's Malted Milk was served during the war at the canteens of practically every military camp and training centre, and was supplied extensively to the War Office, Admiralty, R.A.F., Indian Soldiers' Fund, Prisoners of War, and many Red Cross organisations.

In Red Cross work it occupies a prominent place and was most successfully used in this connection during the war. It is most popular with Doctors and Nurses, for, in addition to its perfect digestibility and ample and well-balanced nutritive qualities, the ease with which it is prepared is a most valuable feature.

These facts are of particular interest to all at the present time, when it is so essential to attain and retain the greatest possible degree of bodily vigour and fitness. Horlick's Malted Milk has the strong endorsement and recommendation of the Medical and Nursing Professions, and purchasers should be careful to ask for and insist on having "Horlick's" and refuse any substitute if offered.

WORD FOR THE WEEK.

"Our life is but a little holding, lent to do a mighty labour; we are one with heaven and the stars when it is spent to serve God's aim, else die we with the sun."—*Meredith*.

BOOK OF THE WEEK.

"THE ARROW OF GOLD."*

History, the author tells us in "The First Note," has nothing to do with this tale, and while that is so, this entrancing romance is bound up with the events that surround the attempts made by Don Carlos de Bourbon for the Spanish throne in the middle years of the seventies. The scene is laid in Marseilles, at which port a certain young Monsieur George was enrolled in the Carlist cause with its ugly and desperate risks, by Mills and Captain Blunt. It had occurred to Mills that this eccentric youngster was the very person to organise a supply, by sea, of arms and ammunition to the Carlist detachments in the south. It was precisely to confer with Doña Rita on that matter that Captain Blunt had been despatched from headquarters, and although this story has nothing to do with history, it is necessary to indicate the manner in which Monsieur George was caught in the toils of Doña Rita.

Doña Rita! How shall we, in a few brief lines, hope to convey to the reader the magnetism of this wonderful creature? She is first introduced into the story by means of a discussion of her personality between Mills and Blunt, both of whom recognised her extraordinary power of attraction, and to which the latter had succumbed in common with most men with whom she had come in contact. They are describing her and her origin to Monsieur George. Where had Henry Allègre, the fastidious, exclusive and wealthy artist, found this peerless creature whom he had made his mistress, and had left his heiress at his death?

"As a matter of fact Henry Allègre caught her very early one morning in his own old garden, full of thrushes and other small birds. She was sitting on a stone, a fragment of some old balustrade, with her feet in the damp grass, and reading a tattered book of some kind. She had on a short, black twopenny frock (*une petite robe de deux sous*) and there was a hole in one of her stockings. She raised her eyes and saw him looking down at her thoughtfully over that Ambrosian beard of his, like Jove at a mortal." So he took the little goat-herd with the hole in her stocking, and privileged persons great in art, in letters, in politics, or simply in the world, could see this mysterious girl on the big sofa during the gatherings in Allègre's Pavilion—the Doña Rita of their respectful addresses, manifest and mysterious like an object of art from some unknown period."

An introduction of Monsieur George to Doña Rita was, of course, necessary, as she was an ardent Carlist, and he was to be enrolled in the cause. He describes his first meeting with her, "the white stairs, the deep crimson of the carpet, and the light blue of her dress, made an effective combination of colour to set off the delicate carnation of that face, which, after the first glance given to the whole person, drew irresistibly your gaze to

* By Joseph Conrad. T. Fisher Unwin, Ltd.

[previous page](#)

[next page](#)