

emphasised when Miss Kitty Cattell remarked, "So many of these poor old nurses came to her with their troubles."

Nothing could have been more beautiful than the short ceremony at Ilford. As the coffin passed from the porch down the steps into the Church no one was visible to us there but there broke upon the stillness, and seemed to vibrate from every part of the church, the most beautiful speaking voice we have ever heard; it rose and fell on the air as the coffin passed on towards the chancel, so that the words and the voice seemed a kind of physical interpretation of her welcome to the spirit land. Never again shall we read the opening verses of one of the loveliest chapters in the loveliest of all the Gospels (John xiv. 1-3) without remembering again the impressions of those few moments. At the graveside also Canon Wyndham Ottaway conducted the service and again his voice added unaccustomed beauty to the spoken words. Her sister scattered a few flowers on the coffin; on the grass near lay the floral tributes sent, and we lifted the sheaf of beautiful spring flowers of every colour, tied with pale mauve ribbon, from the Nurses at the Settlement Home and dropped it on the coffin at her feet, remembering how she had gone, often when she was very weary, to visit them there and carry her little offerings of papers and books lest hours of rest and retirement prove tedious.

Among the flowers sent was a large chaplet of white Madonna lilies from the R.B.N.A. tied with purple ribbon and bearing the words, "In loving remembrance from the Members of the Royal British Nurses' Association." On the beautiful wreath sent by the British College of Nurses was the inscription "In grateful remembrance of a lifetime devoted to the sick, and of unswerving loyalty to the best interests of the Nursing Profession." On the large sheaf of English spring flowers from the nurses at the Home were the words "To dear Miss Cattell from the Members at the Settlement Home." So numerous were the wreaths sent by individual relatives and her many friends that it is impossible to enumerate those here; they gleamed up in masses of lovely colour along the pathway as we left the grave—our last earthly memory of Alice Cattell this covering of beauty for the place, where we had laid back to the earth the garment her spirit had used for its earthly pilgrimage—a loveliness woven of forces of love, admiration and gratitude.

As we walked to the gates of the churchyard some bird was singing overhead and it sounded as though his notes were forming the old motto of the Association she had loved so well—"Steadfast and True." We thought of the toilsome road through which it had led her when she helped to carry the standard of progress, of family sorrows that had fallen to her lot, of how she must often have lifted the burdens of the sick and the aged when her own must have been heavy enough, of that night too when, silently and alone, save for Miss Lancaster's kindness, she had faced the meaning of the surgeon's verdict. And we could not but feel sad. But the song of that herald between earth and heaven still rang clear;

it was as though the very spirits of the air took the notes of his song and tossed them all around us—"Steadfast and True. Steadfast and True," thereby death has been swallowed up in Victory.

#### A "COW & GATE" FILM.

On Monday, May 18th, we had a display at Headquarters of the film of Messrs. Cow and Gate; it proved most interesting and enlightening. Before showing it, Dr. Campbell explained some of the properties of milk and certain of its disadvantages when used in its raw state. Among the latter is the fact that milk very readily becomes infected and germs grow and multiply in it quickly as it possesses just the proper conditions of food and moisture for their development. In the second place, the curd of raw milk is very coarse and difficult to digest. This is not of great significance in the case of a healthy adult, but

it is important when one has to deal with infants or sick people; frequently they cannot tolerate the curd of raw milk. The effect of Cow and Gate methods is to present the milk to the public in a sterile and very digestible form. It is found that the sick do not care for and often do not retain ordinary hot milk, and so a special preparation has been introduced which is known as Chocolate Milk. In this the curd is very much softened without loss of nutritive value. It is true that milk is sometimes made more digestible for sick people and children by the addition to it of some cereal food in fine form; this may answer in the case of a patient but it does not serve where infants are concerned, owing to the lack of certain constituents in their saliva. By the Cow and Gate method the curd of the milk is made to resemble very closely that of human milk with its "pin-head curd." At the same time, the valuable vitamins are preserved; even the anti-scorbutic vitamin, which is the most



EMMA ALICE CATTELL,  
S.R.N., M.R.B.N.A., F.B.C.N.

sensitive to heat, withstands the roller process as it is established in the Cow and Gate factories. The cows are fed in the best pastures, pastures rich in vitamin D, and the teaching of Professor Edgar of the Columbia University goes to support the fact that the processes used in the factories of Cow and Gate, are such as can scarcely be said to have any effect whatever on the natural vitamins of the food. The milk is, as a fact, for three seconds only, on the roller and its cooling is as rapid as its heating. Other safeguards as well are used to encourage the preservation of the vitamins.

Great care is taken in the preparation of the milk before and after the roller process. It is tested by expert chemists and there is also a bacteriologist attached to the firm, who examines all the milk.

After a few more details the film was put on the screen. First of all we had beautiful pictures of the Somerset meadows, with the cows at pasture, and then we were shown the very up-to-date and modern machinery of the factories, machinery which seemed to assume an almost

[previous page](#)

[next page](#)