

(3) Carefully regulated rest and exercise.

(4) Administration of Cod-liver oil and creasote to almost all patients, and inhalations, continuous in case of bed patients and during several hours of each day for the others.

The present building has been quite full during the hot seasons of the last three years and there is great need for extensions.

There is ample room for more buildings on the ground but I do not think it would be possible for more patients to be properly supervised by one doctor. If provision could be found for a second European on the staff, either a doctor or nurse, it would be possible to very considerably extend the work.

The immediate need is to my mind—

(1) A set of buildings for non-Christian Indians where each could have some female relation with her and could make her own cooking arrangements but be under the direct supervision and protection of the staff.

(2) A building for European women where anyone who is unable to take a house for herself could be provided for at a moderate expense. I think that whatever provision may be made by the King Edward VII. Memorial Funds, there will be women for whom our provision will be more suitable than such as will be found in a Government Sanatorium.

MARY E. PAILTHORPE. M. B., B. S.

ENGLAND'S BURNING QUESTION OF WOMEN'S SUFFRAGE.

OUR readers may not endorse the militant methods lately adopted by our brave rioters of the Women's Social and Political Union, but one must admire the courageous spirit which prompts ladies of culture to actions so against their tastes and instincts, and to be willing to suffer for the same. Someone has said if you do not "shout loud enough," the crowd will not hear you, and all great reforms have required fighting to bring them about, and often defiance of law and order, *e.g.*, the liberation of American slaves, establishment of protestantism, religious liberty, etc. Thus our friends of the militant societies feel that nothing short of the sword, metaphorically speaking, will put an end to such abominations as the unfair divorce laws, the white slave traffic, so shocking and appalling in civilized countries, the exploitation of young girls, and the moral destruction of child-life. And how literally does the "sword pierce their own heart"! For this one must accord honour where honour is due, remembering it is no light thing to forfeit the good opinion of friends, loss of appointment and means of

livelihood, to spend dreary months in the solitary cells of Holloway jail, thereby risking health and even life. It must be remembered that one lady died from rough handling on the occasion of the terrible "Black Friday" demonstration. It is no light thing for gentlewomen to face howling mobs of drunkards and obscene remarks, to have their clothes torn from their backs, and to be trampled beneath the dust of the streets. And in order to bring "liberty to the captive" and "light to them that sit in darkness" women are willing to do these things; only women can liberate women, as instanced in the successful pleading of Finnish women M.P.'s. on behalf of the outcast or wronged. "A notable victory (says *The Standard*) has been won by the women of Finland, that is due in a very obvious measure, it is claimed, to their having their own representatives in Parliament. A nation-wide campaign to raise the age of consent, culminated in a memorable scene in the Diet, when one by one, Baroness Alexandra Gripenberg, M.P., Thelma Hultin, M.P., Hedwig Gebhard, M.P., Anni Houtari, M.P., and other women members rose and pressed the case of women for immediate and stringent reform. Although the amendment finally passed did not grant the women's demand in their entirety, it adopted such radical changes in the prevailing law, as the removal of the option of a fine against male offenders in cases concerning children, the delegation of a wholly new power to the State for initiating criminal proceedings, the raising of the maximum terms of imprisonment for this offence from eight to ten years, and the raising of the age of consent by three years. The result has caused great satisfaction among the organised women's societies of Finland." May all nurses take this matter to heart, and may the time soon come when England's brave women shall be honoured with their hearts' desire, and the respect that they have earned. Many noblemen, thank God, are with us, but how fierce still are the opposing forces.

A HOSPITAL NURSE.

I pack my troubles in as little compass as I can for myself, and never let them annoy others.

SOUTHEY.

What can a man do more than die for his countrymen? Live for them. It is a longer work, and therefore a more difficult and a nobler one.

KINGSLEY