

dressings, &c., &c.; the Brigade Surgeon and the young doctors watching us all the time. I flatter myself we did credit to our Bart's training, and bandaged in a style that even Mr. C—— would have passed.

We soon settled down to our work and had plenty to do. The monotony of camp life was broken every now and again by a convoy of sick and wounded coming down from the front, the poor fellows generally very weary, and then there was a busy time giving them soup, dressing wounds, and very likely sponging down those with high fever. At the end of the first week the Lady Superintendent and myself were ordered to join the Field Hospital of another column at Derband on the Indus.

Hastily packing our 80 lbs. of baggage, we rode down to the place where we could get a tonga, about 12 miles, and thence back to Abbotabad, on again the next day to Haripur.

Owing to some mistake we had to find our own way from here to Derband, 25 miles. There was no driving road, and our ponies we had left when we took the tonga at Kalka. The path, such as it was, was unsafe, and no escort had appeared. With great difficulty we procured two diminutive ponies, on which, at 4 p.m., we gaily started, with coolies to carry our baggage.

We had hoped to reach camp before dark; but alas! before we had gone eight miles, our ponies were so done that we had to make up our minds to stop the night by the roadside. Fortunately, we had a very small tent with us, in which we could just both lie down side by side on the ground. As regards food we were not so well off, as a tin of soup, two biscuits, and a little cocoa was all we had. Next morning, after a cup of cocoa, we started again. Our hopes that our ponies would be rested by the morning were fallacious; we could not get them out of a walk.

At twelve o'clock we got some food at a rest camp—it was not very appetising—a very ancient curried fowl and some leathery chupatties (round thin cakes of flour and water) soaked in very rancid butter.

After a short rest we proceeded on our way walking, as the ponies were useless, and simply could not carry us. At 10.30 p.m. we reached Derband—dead beat. The last part of the road was done in pitch darkness, and rendered altogether unpleasant by the men, who came with the ponies, looking round every rock, in fear of robbers.

The work here was much the same as at Oghi, but with more cases of fever.

It was a broiling spot where the camp was pitched—just a bend of the river, with the mountains very close round.

About the middle of November the expedition was over, and the camp broken up. Two days before we started back for Rawal Pindi. General Galbraith most kindly invited us to go up to head-quarters, about 16 miles across the frontier, and a very enjoyable 24 hours we had. We started at daybreak on Nov. 11th, arriving at Kunhar in time for breakfast. We dined with General Galbraith and staff that night, and left early next morning with the sound of the after-dinner songs still ringing in our ears.

We commenced our return march the following day, and reached Pindi on the 15th, thus ending our share of the Hazara Expedition of 1888.

We had a fair amount of hard work, and plenty of

'roughing it,' but met with much courtesy and kindness from all the officers and men with whom we were brought in contact.

Of course, we were very anxious to know, if the experiment of taking Sisters on service, was considered a success by the medical authorities. The following extracts from the Black Mountain despatches, published in the *Gazette*, re-assured us:—

"Much valuable assistance has been given in the care and nursing of severe cases in the Field Hospital by Miss Loch, the Superintendent, and the four Nursing Sisters, who accompanied her. They arrived at Oghi early in October, and subsequently Miss Loch and Sister Welchman proceeded to Derband, the other three remaining at Oghi. They have all done excellent work."

Surgeon-Major Fawcett, medical staff, senior medical officer, 4th column, reported that "The Nursing Sisters have been a distinct gain to the Field Hospital."

Brigade-Surgeon Welch, S.M.O. at Oghi, reported that:—"The services of Sisters Lickfold, Harris, and Latch have been invaluable in the care and nursing of severe cases of sickness and wounds."

EDYTHE WATSON, R.R.C.

National Health Society,

President:—HIS GRACE THE DUKE OF WESTMINSTER, K.G.



THE courses of Training lectures for teachers, inspectors and others commenced on Tuesday, the 9th inst., at 3 p.m. The subject of the first lecture, by Edward Squire, M.D., was "Human Physiology"—the science that treats of the life of man, the essential phenomena of life, life in its simplest form, protoplasm, cells, the human body

derived from a single cell, and consisting of a commonwealth of cells, all working in combination for the common good, birth, growth, decay and death, the general structure of the body, and the properties of the elementary tissues.

The second lecture will take place on Tuesday, the 16th at the same hour, and they will be continued on the following Tuesdays until March 13th, when the course will terminate with a lecture on "The Organs of Special Sense," &c.

On Friday, the 26th inst., a course of Nursing lectures will commence at the School of Art, Logan Place, Earl's Court, W., by kind permission of Mrs. Jopling Rowe.

On Wednesday, 10th, an examination on the course of Nursing lectures lately given by Sister Katherine at Her Grace the Duchess of Bedford's town residence, will take place at the Society's offices, 53, Berner's Street, W.

Several courses of "Homely Talks" are in progression in various parts of England, and there is every prospect of beginning a New Year of activity and usefulness. We take this opportunity of wishing all our lecturers and those interested in the Society's work a very Happy New Year, with the best of blessings, good health and strength to meet all the ups and downs it is sure to bring in its train.

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