

special diet. But the variety of food obtainable is not great, and directions to the friends would usually accomplish all that was practicable. Beef tea was often a necessary addition to the diet. But the religious objection to eating beef made it useless to put it on the diet list: Zealous Hindus would rather die than eat it. The most strenuous objection is usually made by women. In such cases it was always possible to get the consent of the father or husband to prescribe "hot medicine" prepared and administered by the nurse.

Hospital treatment was so foreign to the thought of the people that we found it advisable to make another concession and permit one or two friends to stay with the patient. This had many disadvantages from a strictly medical point of view. But it had other advantages, of which we will speak later.

The hospital made a training class for nurses a necessary addition to our work. This was a new departure for Tamil women. An unmarried girl must not appear in public. But the "new times demand new measures." At last one was found willing to make the attempt. Coming from a Mission boarding school, she had a good general education in Tamil, and could speak English fairly well. She became invaluable as interpreter to Mrs. Scott in the early years of the work. She proved so efficient, and behaved so seemly, that she lived down criticism and opened the way for others. In due time we gathered a class of mature young women who had been educated and were willing to work. They admirably met our need, though, doubtless, from the standpoint of our home training schools, would be judged woefully deficient.

From time to time we were called to see the sick in the villages. The distance to be travelled varied from one to twenty miles. The government has given this northern province a system of macadamized roads superior to our country roads in Ontario. So the actual travelling was not difficult if one could have chosen the time of day. Not infrequently it would be necessary to go out in the blazing heat of the noon-day sun. The majority of such callers were maternity cases, and with rare exceptions called for instrumental interference in some form. The secluded sedentary life of the women of the better classes ill prepares them for the "hour of travail." The ignorant, unskilled midwife does not know when interference is necessary. Thus it is not rare to