

important point. When the binder is adjusted—and it only takes a few seconds to do it—the patient resumes her position, and we proceed to pin on the binder. And here let me caution my younger readers never to begin pinning until the adjustment of the binder is *complete*. Never be in a hurry over things; go quietly and thoughtfully to work, and you will save time in the end. Place a warm napkin, folded crosswise, over the pelvis and lower part of the abdomen; take the rolled end of the binder in your *right* hand, and the loose end in your *left* hand, draw the two sides together perfectly level over the hips, and then, holding them together firmly in your left hand, pin them together with your right.

It is desirable that the binder should be securely fastened to start with, but I must caution you not to draw it so tightly as to occasion discomfort to the patient. In more than one instance I have seen welts produced on the skin by pulling the binder thoughtlessly tight.

(To be continued.)

MR. BARNARDO AND SISTER CLARA.

WE may mention that Sister Clara, in the course of her service, received from Dr. Milne, the Medical Officer, and Mr. H. J. Cannan, the Governor of Mr. Barnardo's Institution, respectively, the following testimonials, which appear to be in very strange and strong contrast to Mr. Barnardo's own and apparently confused ideas of Sister Clara's abilities:—

[COPY.]

"31st January, 1888.

"Dear Sir,—During the three years Sister Clara has been in charge of the Infirmary of Dr. Barnardo's Homes, I have had the most ample opportunity of becoming acquainted with her Nursing capabilities and attainments. Of both, and also of her personal character, I have formed a most high estimate, as well of her powers of discipline and organisation.

"In every way she is thoroughly trained, efficient, and reliable in any case of emergency.—Yours, faithfully,

ROBERT MILNE, M.D."

[COPY.]

"25th January, 1888.

"I have much pleasure in stating that I have the highest opinion of Sister Clara's character and ability.

"She has been Matron of our Boys' Infirmary for over three years, and during the whole of that period she has always displayed the same conspicuous ability for the position she holds, and the same faithful and conscientious discharge of duty.

"H. J. CANNAN, Governor."

We likewise append copies of Sister Clara's testimonials, dating from 1871 to the time she took up her duties under Mr. Barnardo.

[COPY.]

"I have much pleasure in bearing testimony to the zeal, attention and unremitting care of Sister Clara A. Jump, to the Protestant female patients under her charge, as Protestant Lady Nurse, or Sister, in the Cork Union Workhouse Hospital for the past nine months. It was with regret her resignation was received. I have no doubt from my constant experience (almost daily) of the way she discharged her offices, both in a secular and religious way, that she will be of the greatest advantage to anyone who may require her attendance elsewhere.—JAMES R. WHERLAND, M.D., Poor Law Guardian and member of House Committee,

"Cork Union Workhouse,
"College Buildings,
"Warren's Place, Cork.
"Nov. 25, 1871."

[COPY.]

"I have already stated my opinion respecting the very great skill and attention with which Sister Clara discharged her duties when attending on the sick in the Hospital of the Cork Union Workhouse about two years ago. I regretted much at the time that she was leaving us for another position.—JOHN POPHAM, A.M., M.D., Senior Physician,

"Cork Union Workhouse,
"5, Camden Place.
"Dec. 23, 1873."

[COPY.]

"I found Sister Clara extremely efficient, kind, gentle, and in every way particularly well fitted for the responsible duties of a first-class Nurse.—FREDERIC BATEMAN, M.D., F.R.C.P., Physician to the Norfolk and Norwich Hospital, &c., &c.

"Sept. 6, 1879."

[COPY.]

"I found Sister Clara well qualified as a Nurse and very ready and efficient in attending the surgical cases under her charge.—EDWARD D. RUDGE, M.D.,

"Fakenham, Norfolk.
"Dec. 22, 1880."

[COPY.]

"I found Sister Augusta (Clara) most careful and attentive to her patient. She nursed her through a dangerous and tedious attack of diphtheria with much courage and perseverance.—F. A. ORMEROD, M.D., M.R.C.P.,

"12, Upper Wimpole Street,
"March 24, 1883."

[COPY.]

"Sister Augusta (Clara) nursed me through a

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