

INVENTIONS, NOTICES OF PREPARATIONS, &c.

We are glad to be able to announce to our readers that we have now matured arrangements for an occasional supply of information in this column of new and interesting matter connected with inventions of a kind adapted to the character of this journal.

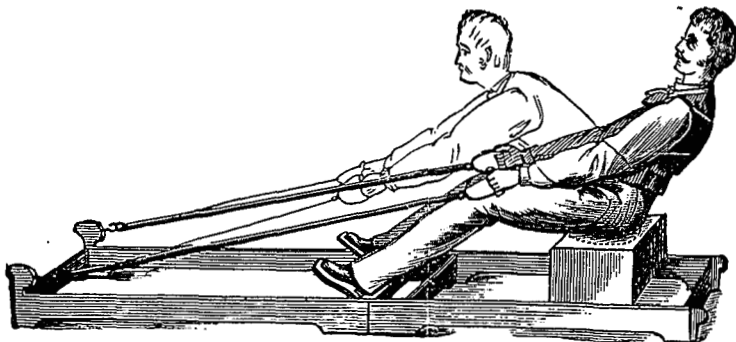
"Have you an idea for a patent?" Our readers are requested to send us any new ideas they may have, however simple, and they will promptly receive the advice of a leading patent specialist gratis.

All communications under this head should be addressed to the Editor, with the word "Invention" plainly written on the left hand corner of the envelope.

EXERCISE AT HOME.

ALL who believe in muscular development and physical education—and everybody ought to do—will welcome the apparatus as illustrated below, which has recently been introduced by Professor Andre, of Alpine House, Littlehampton, and which promises to become, from its simplicity and usefulness, an important factor in practical exercise.

It may be briefly described as consisting of a wooden framework, along the half of which is a line of rails cut in the solid. On this rests a solid block of wood with two grooves. By seating oneself on this sliding block and holding two handles, attached by means of hollow elastic bands to hooks at the extreme ends of the frame, one can have all the gymnastic advantages of a row, and thus many, if not all, parts of the body are brought into activity. All the muscles of the upper part of the body are not only by these means actively exercised, but they have also to overcome resistance. The muscles of the chest and neck, as well as those of the wall of the stomach, are exercised. The ribs rise and fall and expand, and thus their joints



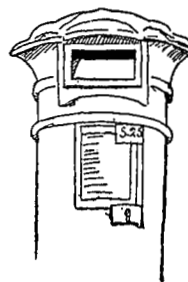
become flexible. The spinal column, moreover, is brought into motion, and thus the brain and spinal marrow benefit from the nutritive effects

of the circulation of the blood. Meanwhile the stomach, bowels and liver are subjected to a gentle and regular movement, and the action of the heart is promoted without this important organ being overworked.

This exceedingly useful apparatus can be used in the bedroom or drawing-room, or, when weather permits, on the lawn or in the playground, and should become, as it thoroughly deserves to be, very popular. It has also two other very important features to recommend it—*i.e.*, its extreme portability, occupying very little space when folded up (it forms a small table), and its cheapness, the whole apparatus being sold at two guineas. The machines are in daily use at Alpine House and Andre House, and will well bear inspection. Half-an-hour's "rowing" about twice a-day for a few weeks with one of these apparatuses would prove a profitable investment for one's time and energy.

LETTERS TO THE EDITOR.

(Notes, Queries, &c.)



Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not in ANY WAY hold ourselves responsible for the opinions expressed by our correspondents.

Communications, &c., not noticed in our present number will receive attention when space permits.

To the Editor of "The Nursing Record."

Sir,—The poor Nurse of the "Distressing Case" gratefully acknowledges the further receipt of ten shillings from "G. L.," a Member of the B.N.A.; also four shillings, sent without any name or address "for 'A distressing case,' *vide Nursing Record*, Dec. 5." The Nurse writes that her son's waning life seemed to strengthen under such a pick-up, and he said several times: "Oh! mother, how very kind of those Nurses! I wish I was able to thank them myself." I sent the *Records* containing the recipes, and one of the preparations of eggs seemed to rally him; he enjoyed it so much. Thanking all for the kindness shown.—I remain, Sir, yours respectfully,

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London Road, Redhill.

NURSING RECORD BENEVOLENT FUND.—We gratefully acknowledge a further donation of two shillings from Nurse Minnikin.