

good linguists. I knew one Russian lady who spoke five languages, and was not the least conceited of the fact. Her dear children of ten and five could speak four. Their pretty little English phrases, spoken with an amusing little foreign accent, were very charming to hear; indeed, the

youngest was so pleasing she generally obtained what she wanted. Mamma is going to teach me Italian next, the eldest boasted. When asked, these children always said they preferred French to the other languages, and they generally used it when at play. VEVA KARSLAND.

POST-CARD EXAMINATIONS.

WE are pleased to be able to announce that the *fifth* of this series of examination questions has been most heartily responded to, the following having secured the prize of a book or books of the value of five shillings:—

Lizzie Martin
Borough Hospital Sheffield

Oct 17th 1890
Suppose a Nurse is allowed each day four hours for recreation, what do you consider the most advantageous way of spending this time?

I consider two hours daily should be spent in open air, if weather suitable, one hour in repairing & making cloths, one hour reading & rest.

I obtain Nursing Record from
Lorleys Glossop Road Sheffield

We particularly desire to draw our readers' attention to the examination question given in this issue.

* * Some other answers received and deserving honourable mention.

"Supposing a Nurse is allowed each day four hours for recreation, what do you consider the most advantageous way of spending this time?"

MISS EMILY SANDERSON, M.B.N.A. :—

I consider the most advantageous way of spending this time would be chiefly in the enjoyment of fresh air and exercise every day, according to weather and seasons, varied each day with reading to improve the mind, cheerful and profitable conversation, hearing lectures, and meditation. Recreation means a forming anew, refreshment of strength and spirits after toil.

MISS RACHEL WINTER, M.B.N.A. :—

Open air (walking, driving, or boating), two hours; reading, study, &c., one hour; needle-

work (darning, caps, &c.), one hour; writing letters, &c., two hours, instead of reading or sewing once a week; and a good outing once a week, lasting four hours.

MISS GEORGIE MONTGOMERY, M.B.N.A. :—

The four hours' recreation might be spent thus:—Two hours either for a good walk or drive, which is nice in 'bus or on tram, if possible; one for reading or study; and one for working, mending, or fancy.

MISS MARTHA POWELL :—

Two hours should be spent in outdoor exercise; one hour for study, to cultivate her mind for her profession, and communicating with her friends, if she wishes; one hour for needlework or reading, and for taking some refreshment before going on duty.

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