

to propose her health.' So they drank my health in lemonade and ginger-beer, for we were afraid to give some of them stronger drink than that, and therefore had none. Then we had more music and singing, and a clergyman, who knew how to be neighbour to them that had fallen among thieves, read a short chapter and a collect or two, and said a few words to them. Then grannie and her children went home together, all happy, but grannie the happiest of them all."

"Strange and beautiful!" said my father. "But," he added, after a pause, "you must have met with many strange and beautiful things in such a life as yours; for it seems to me that such a life is open to the entrance of all simple wonders. Conventionality and routine and arbitrary law banish their very approach."

"I believe," said Miss Clare, "that every life has its own private experience of the strange and beautiful. But I have sometimes thought that perhaps God took pains to bar out such things of the sort as we should be no better for. The reason why Lazarus was not allowed to visit the brothers of Dives, was that the repentance he would have urged would not have followed, and they would have been only the worse in consequence."

"Admirably said," remarked my father.

Before we took our leave, I had engaged Miss Clare to dine with us while my father was in town.

DRINKING MILK.—Some people complain that they cannot drink milk without it disagreeing with them. The most common reason why milk is not readily digested is due to the fact that people drink it too quickly. If a glass of it is swallowed hastily it enters into the stomach and then forms in one solid, curdled mass, difficult of digestion. If, on the other hand, the same quantity is sipped, and three minutes at least are occupied in drinking it, then on reaching the stomach it is so divided that when coagulated, as it must be by the gastric juice, while digestion is going on, instead of being in one hard, condensed mass, upon the outside of which only the digestive powers act, it is more in the form of a sponge, and in and out of the entire bulk the gastric juice can play freely and perform its functions.

BE UP AND DOING.—Look round you, then, you who are yearning to be employed in the service of your God, and try and realise what He has given you to do *to-day*, and do not look beyond it. Strength is promised according to your day, but not according to your morrow. Every-day work requires every-day grace, and every-day grace requires every-day asking.

The "Nursing Record" POST-CARD EXAMINATIONS.

No. 26.

A Book or Books of the value of Five Shillings will be awarded to the best answer to the following question:—

"If you are ever so placed that only suspicious water can be obtained for drinking purposes, what means would you employ for rendering it harmless?"

addressed, "Nursing Record Post-Card Competition," St. Dunstan's House, Fetter Lane, E.C. All answers must reach us not later than the morning of Saturday, September 5th, 1891.

(a) The answer must be written (neatness and distinctness count to credit) in ink, on a *thick* post-card, with the full name and address of the candidate at the *top*. The successful candidate's answer will be printed in *fac-simile*.

(b) All associated with Nursing work are accepted as candidates, but in case of a "tie" a *subscriber* will naturally have preference, and for this reason each candidate must mention at the *bottom* of the post-card, "I am a subscriber," or "I obtain the NURSING RECORD from——"

(c) The decision of the Examiners to be final.

* Give name and address of newsagent where obtained.

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Communications relating to the Literary Department, Books, Pamphlets, &c., for Review, &c., must be addressed to the Editor of the NURSING RECORD, St. Dunstan's House, Fetter Lane, London, E.C. The Editor will not undertake to return rejected MSS. unless accompanied with a sufficiently stamped addressed envelope.

Correspondents are requested to write on one side of the paper only, and give their real names and addresses, not necessarily as signatures to their letters, but as a guarantee of good faith. Unless this rule be strictly adhered to, no notice will be taken of such communications.

Communications from all parts of the country are cordially invited, and liberal arrangements are made for reprints of original articles, and for such illustrations as serve to increase their value of interest. Reports of Nursing Vacancies, Appointments, Meetings of Societies, &c., and Newspapers, &c., containing (marked) accounts of matters of local or personal interest or importance, will be gladly received. Correspondence upon all subjects associated with Nursing specially invited.

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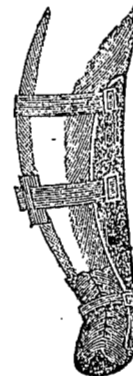
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