

visits were made, which would give the very satisfactory average of six visits a day right through the working year, and which represents an incalculable amount of useful assistance. It is significant of the county that in its first year the Committee invested £100, and carried forward a balance of £24, out of a total of £187. I venture to prophecy that, with such management and such a popular Nurse, the cause of District Nursing in Wakefield will steadily increase in extent and usefulness.

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I OUGHT to have alluded last week to the death of the well-known Sanitarian, Dr. J. W. TRIPE, the Medical Officer of Health to the Hackney District. The deceased gentleman was greatly respected by all who knew him, and he had held his appointment for no less than thirty-six years. Nurses and others who were brought into contact with him greatly appreciated his tact and kindness. He will be missed in the district.

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THE Great Northern Central Hospital, Holloway Road, N., requires £5,000. The Ladies' Committee (who some time ago raised a similar sum) are going to try to secure this, and for the purpose will hold a grand Bazaar on Tuesday, Wednesday, and Thursday, May 24, 25, and 26 next, at the Hampstead Conservatoire of Music, Eton Avenue, Swiss Cottage, N.W. The Bazaar is under the patronage of their Royal Highnesses the DUKE and DUCHESS OF CONNAUGHT, their Royal Highnesses PRINCE and PRINCESS CHRISTIAN, and a large number of other well-known ladies and gentlemen. I wish the movement every possible success, as £5,000 require a great deal of "raising," and if any of our readers know of any one with deep, well-filled pockets, they will please me and greatly assist the Charity by sending such persons to the Bazaar on the dates above-mentioned, where they will be cordially welcomed, and their pockets emptied with the utmost possible dispatch. Contributions of plain and fancy work, pictures, china, and pottery, all kinds of bags and baskets, stationery, books, money, or anything that can be turned into money, will be thankfully received, among other ladies, by Mrs. LEA, Hill Brow, Hornsey Lane, N.

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NURSE REDDOCH, the successful candidate in the thirty-fifth Post-Card Examination, has chosen for her prize "Medical and Surgical Nursing," by L. HUMPHRY, and "Practical Electro Therapeutics," by ARTHUR HARRIES, M.D.

Advertisements must reach the Office on Tuesday Morning, before Ten o'clock, in order to secure insertion in the current week's issue.

Fresh Pages.

"THE INFLUENZA," by J. Oldfield, M.A., B.C.L. (published at the Memorial Hall, Farringdon Street, E.C.)—This indefatigable writer, who is the editor of *The Vegetarian*, has put forward some very practical suggestions, which may in brief be given as follows:—

Breathe fresh air through open windows night and day, but avoid draughts.

Breathe deeply and slowly, and through the nose.

Take moderate daily exercise.

Rub yourself down daily with a rough towel, especially the loins, the chest, and the neck.

Take a tepid bath or a sponge down at least once a week.

Change your underlinen and sheets frequently, being careful that they are well "aired."

Eat sparingly and slowly, avoiding especially all salt meats, tinned meats, and "made-up" things, such as sausages, pork-pies, &c.

Let your food consist in great part of fruit and bread, with an addition of eggs, milk, porridge, plain salads.

Let your drink be pure water, barley-water, lime-juice, cocoa.

Don't eat or drink anything hot. Don't take alcohol or tea. Don't take cayenne pepper, mustard, and the like.

The pamphlet, though we do not by any means agree with all that Mr. Oldfield puts forward, is well worth perusal.

"BOOT'S MAY MEETING DIRECTORY AND VISITOR'S GUIDE." (Alfred Boot and Son, 24, Old Bailey.) Price One Penny.—One of the best and most complete pennyworths we have met with. It is a guide to the principal places of interest, churches, chapels, &c., in the Metropolis, with map of London, list of cab fares, &c. Seventy pages of indispensably useful information, well arranged and capably printed; and sure to be popular with those who, as Sydney Smith irreverently puts it, "come up for their spring cleaning."

"HERBERT FRY'S ROYAL GUIDE TO THE LONDON CHARITIES, 1890-91."—Showing, in alphabetical order, their name, date of foundation, address, objects, annual income, chief officials, &c. Edited by John Lane. This is the twenty-eighth annual edition of a most important book, which appears to increase in usefulness, extent and size as it grows in years. It is the best book of the kind, which is saying a great deal, and contains a mass of very useful information in its 424 pages, and all for one shilling and sixpence.

CAKES AND BISCUITS. By Frederick Davis. (J. S. Virtue and Co., Limited, 21, Ivy Lane, Paternoster Row, E.C.)—Our many readers will be very pleased with this book. The recipes, as far as we have had an opportunity of testing them, appear to be thoroughly practicable and reliable—not unimportant features. It is an excellent shillingsworth.

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