

## Comments and Replies.

### REPLIES TO CORRESPONDENTS.

*Nurse of a Case of Marasmus, Beckenham.*—Dr. Cheadle's recipe of raw meat-juice is perhaps the best you can follow. He recommends that to one part of best rump-steak finely minced, one quarter the amount of cold water should be added, stir well together and allow the beef to soak for half-an-hour in the water, place the whole in a piece of muslin or cambric and express the juice by forcible squeezing. Dr. Cheadle regards raw meat-juice as the most easily digested and restorative of all animal foods, and the most valuable of all nitrogenous preparations for children. We always strongly recommend all private Nurses to have a recipe book, and to constantly jot down recipes and novelties in sick-diet; such knowledge is invaluable to all private Nurses.

*Enquiring Nurse, Manchester.*—In answer to your query as to the definite results obtained by the investigations into the effect of the "Best Treatment" on pulse, temperature and respiration, the Nurse who took the Notes kindly writes: "It was hoped by several of the physicians who practise the 'Rest-Cure,' that some very interesting results might be obtained by watching the pulse, respiration and temperature; and dozens of Nurses were set to work to take these carefully at stated times. But the results were negative and disappointing. Beyond a decided pointing towards the tendency of nervous exhaustion cases to have a sub-normal temperature, nothing of any interest was elicited. We had so much work and statistic taking, that we shared the disappointment of the medicos in the small amount of information resulting. Of course something may yet be elicited."

*M.R.B.N.A., London.*—It is of course, purely optional with you whether you wear uniform or evening dress at the forthcoming *Conversazione*. Many Nurses say that they cannot get up a fête-like feeling in cap and uniform, and that

the very fact of putting on other clothes adds to their enjoyment of these festive occasions. As no professional etiquette is involved, it seems far better to us that the Nurses should follow their own inclinations in the matter of the dress they will wear at a social evening.

*Inquirer, London.*—The best way in which you can best qualify for a Sanitary Inspector is to go through the prescribed curriculum of the Sanitary Institute, Margaret Street, W., and gain the Sanitary Inspector's certificate. It would be very helpful also to attend some courses of lectures at the National Health Society, 53, Berners Street, W. No doubt there will soon be a great many of these appointments open to women. So far, the students of the National Health Society have been most successful in gaining these positions.

### LETTERS RECEIVED.

- B. Miss Sidney Browne, Woolwich.
- C. Mr. Horace Cox (with enclosure).
- B. Miss C. Beachcroft, Lincoln (with enclosure).
- D. Miss Drew, London. Miss Dallas, Maidstone.
- G. Miss G. A. Gray, London. Miss Gosling, Leeds (with enclosure).
- H. Miss F. Hewitt, Birling (with enclosure). Miss Hopkins, Montreal (with enclosure).
- K. Miss Kelly, Cork (with enclosure).
- L. Miss Londale, Harrow. Miss Lewis, London.
- M. Miss McCurdy, Shorncliffe. Mr. C. Melhado, London (with enclosure).
- P. Miss E. Pickersgill, London.
- R. Mrs. Rose, London. Mrs. Reynolds, London (with enclosure).
- S. Miss Swire, Retford (with enclosure).
- W. Miss Lucy Williams, Great Warley (with enclosure). Mrs. West, Stirling. Miss G. Ward, Kimberley, S. Africa (with enclosure).

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