

### Comments and Replies.

*Uncertain, London.*—You will do well to go to a Lying-in Hospital, and go through the full course of instruction before you go up for the L.O.S. examination. You may have attended the specified number of cases, but unless you have done so intelligently, being instructed what to observe, and how to observe it, mere experience is little or no use to you. You might possibly be able with diligent coaching to learn sufficient theory to get you through the examination, but of what good would this be to you when, armed with your certificate, you were face to face with an emergency which required practical knowledge. Many nurses make a great mistake in thinking that the aim and object of their training in a Maternity Home is to gain the L.O.S. diploma, and their practical work takes a second place, and is hurried over and, may be, even slurred, in order that they may have more time for book work. The L.O.S. certificate is good only as a proof that a certain amount of practical knowledge has been acquired, and those pupils are wisest, and make best use of their period of training who make a point of acquiring all the practical knowledge possible, and seeing every case that it is possible for them to attend, even if they have sometimes to miss a lecture for this reason.

*Matron.*—Your wisest plan is to inform your committee that in taking over the charge of the hospital linen, you find there is no inventory of it. Then make one without delay, take stock every three months, and insist that no article, however worn out, shall be destroyed without having first been condemned by yourself. Even with the most watchful care it is very difficult to keep linen lists absolutely exact.

*Inquirer, Leamington.*—We do not advise you to "train" in a small cottage hospital. Such hospitals are, we think, best nursed by fully qualified nurses. The variety

of cases obtainable is not various enough to afford suitable or thorough training for a probationer, and at the end of several years you will find that you must begin all over again if you are to be thoroughly qualified, or to possess a certificate of any value. This would be very annoying to you.

*Nurse B., London.*—We do not consider that your training is complete unless you have had at least some months of night duty. This is a most important part of a nurse's education, and the experience obtained as night nurse is simply invaluable. Patients require nursing by night as well as by day, more so, even, for they are as a rule more ill at night. It is, indeed, one of the most surprising episodes of the night to a nurse to see a patient, about whom she has been rightly anxious all night, sitting up and eating a good breakfast, and then settling down to a comfortable doze, from which he wakes up quite brisk by the time that the day nurses come on duty. It would be difficult to persuade a nurse who had not had experience of the variations of the sick during the night, that such a patient had been so near the border line.

*Puzzled, London.*—The surgeon is still practising who first operated for adenoid growths, so that you see the knowledge of the possibility of removing them is a discovery of quite recent years. The operation is now frequently performed, usually with the best results. You need not be at all over-anxious about it.

*Traveller, Birmingham.*—You cannot do better than take with you some of the soups sold by Messrs. Cosenza & Co., 95, Wigmore Street, W. You will find them excellent, and most handy and useful. They are put up in packets, which make enough soup for two people, six of these being in a tin. Maggi's Consommé, sold by the same firm, is also excellent. These soups will keep good in any climate.

X.—Yes, the consequences are often most serious. Hysteria, gradually increasing nerve exhaustion, and general bodily weakness, are almost invariable, while it is by no means uncommon for cancer to be produced locally.

To those interested in AFRICA.

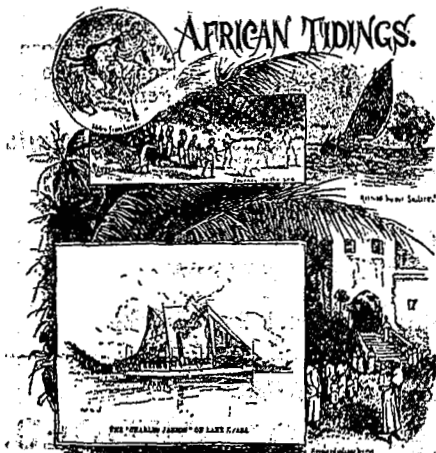
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