

### Notice.

WE regret that in quoting the little poem "April," last week, the name of the well-known author, Mr. William Watson, was inadvertently omitted. The poem comes from a charming collection, entitled "The Hope of the World." Mr. Watson's poems are always welcomed, both by lovers of true poetry and by those who appreciate the expression of truth rather than expediency.

### Comments and Replies.

*Private Nurse, Bristol.*—The best way to make an egg flip is as follows:—Take a fresh egg, and beat it (yolk and white) until it is quite light. Then add gradually three parts of a tumbler of milk, a little castor sugar, and one or two dessert spoonfuls of brandy. Then place a piece of ice, which has been washed, in a clean tea cloth, and beat this on stones or pound it with a flat iron until it is crushed. Stir this into the egg flip, and let it stand for a few moments before serving, in order that it may get thoroughly cold. The ice not only makes it much more palatable, but distinctly increases the restorative powers of the egg flip, as it is a decided stimulant. If iced drinks are liked, the coffee which is left from breakfast in the morning, and so often wasted, may be utilized as follows:—Put in a glass jug equal parts of coffee and milk. Add sugar or not according to taste. Place this in the ice box, and a few minutes before serving add some crushed ice.

*Doubtful, London.*—We do not advise you to accept the post you mention. Any persons who can adopt the dishonourable course of tempting you away from employers whom you had no intention of leaving, would be likely to treat you dishonourably if it suited their convenience.

*Miss M. E., Birmingham.*—You are rather young to be accepted for training in a good general training school. Why not begin in a children's hospital? You would find the training very useful to you afterwards.

*Nurse C. F., Brighton.*—No experience is ever wasted, and your present experience, though unpleasant just now, will doubtless be valuable to you in the future. If you intend to take up private nursing you will be wise to obtain some training in fever nursing. We cannot advise you to "take up nursing" for the sake of whiling away a year or two. It is a serious profession, and the sick are entitled to the best you have to give them, not the odds and ends of time which you do not know how to dispose of.

*Probationer, Liverpool.*—The object of placing a patient suffering from bronchitis in a tent, and keeping a steam kettle going, is in order (1) to keep away draughts, and (2) to ensure the patient's having warm, moist air to breathe. The bronchitis (which is inflammation of the bronchial tubes) was probably caused, in the first instance, by cold, and to breathe cold air would only increase the mischief going on in the inflamed tubes. The moisture in the air assists the liquefaction, and, consequently, the expectoration of the mucus thrown off by the tubes, more especially when, as is often the case, the steam is medicated. If you are responsible for attending to a steam-kettle it is important to remember that both the lamp and the kettle must be filled every four hours. If you fill the lamp and do not replenish the hot water you will probably burn the bottom out of the kettle, and if you fill the kettle and not the lamp the latter will go out, and the temperature of the tent go down. Lastly, never fill the lamp while it is alight.

To those interested in AFRICA.

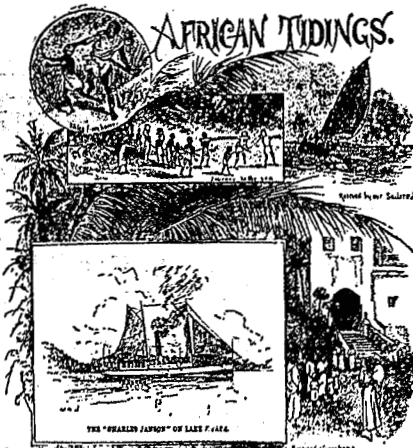
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