

Notice.

For the future, copies of the NURSING RECORD will be on sale at 269, Regent Street, price 1d. As this address is close to Oxford Circus, it will be found a Central Depot.

Comments and Replies.

Would-be Probationer.—You cannot do better than employ the period of waiting by qualifying yourself for your future nursing career, and in this you will find ample to occupy you. You should acquire a thorough knowledge of conversational French; and if you are able to learn German as well, so much the better. In these days of international nursing, it is of the utmost importance to be acquainted with foreign languages. Then you should have a practical knowledge of cookery for the sick, this knowledge being founded upon a scientific basis. Domestic economy and housewifery are also necessary accomplishments, a knowledge of the care of linen, and if possible, of laundry work also, should be acquired. Add to this the study of anatomy and physiology, and you will find plenty to occupy you for some years; and you will find yourself in a much better position when you enter upon your hospital training than you would be if you began it without this knowledge.

Provincial Nurse.—You can obtain training in fever nursing in the various hospitals of the Metropolitan Asylums Board. Watch the advertisements in THE NURSING RECORD, or write to the Matron of the North Eastern Fever Hospital, Tottenham, N.E.; or of the Western Fever Hospital, Fulham Road.

Private Nurse, London.—The best way to apply leeches is in test tubes, at the bottom of which some absorbent wool has been placed, or in the special tubes sold for the purpose. They can be more accurately applied by this

means than if they are held in a towel or a piece of lint. Did you never see leeches put on during your training? The part to which the leeches are applied should always be well washed with soap and water; they usually bite then readily, and there is no need to smear milk on the skin as is sometimes done. Leeches should always be left to drop off. If they are forcibly removed they will probably leave some of their teeth behind, and serious bleeding may ensue. A poultice or fomentation encourages bleeding if this is desired; absorbent wool applied after the removal of the leeches is generally sufficient to stop bleeding. Styptics should not be used without medical direction. A patient should never be left until all the leeches have dropped off.

Mrs. Rogers, Leeds.—Obtain the *Nursing Directory*, price 5s., from the Office of THE NURSING RECORD, 11, Adam Street, Strand. You will find in it all the information you require.

Subscriber, Torquay.—We shall be glad to consider the M.S.S. if you will forward it to us.

Nurse P., Newcastle-on-Tyne.—We do not think you could live upon the salary offered, unless you have private means.

Miss K., Leamington.—We should advise you to become a subscriber to the *Woman's Signal*, edited by Mrs. Fenwick Miller. Its price is one penny weekly, and it is a true woman's paper, not like so many of our so-called women's papers, a journal edited by men for women.

Woman Journalist, London.—Brain workers require food more often, and at shorter intervals than do manual laborers. Professor Imanuel Munk has found that when an interval of over five hours elapses between one meal and the next, the body is forced to consume its own albumen, fat, and carbohydrates. As you breakfast early, and write for so many hours, we should advise you to take a glass of milk and some brown bread and butter at eleven o'clock, and luncheon at two. The French arrangement of meals would suit you better than your present hours—taking a good mid-day dejeuner at twelve o'clock, and dinner at six.

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[previous page](#)

[next page](#)