

## Notices.

### THE MATRONS' COUNCIL.

THE Nursing Directory Sub-Committee of the Matrons' Council will meet, during November, to consider applications for admission to the Nursing Directory. Nurses who have been trained in General Hospitals of 100 beds or over, and can be well recommended by their Matrons, are eligible. Application forms may be obtained from the Hon. Secretary, Matrons' Council, 46, York Street, Portman Square, London, W.

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.

*Inquirer.*—We have in the past made many enquiries of leading firms, who make a speciality of nurses' uniforms, as to a suitable nursing bicycling costume, but we have never found one which seems really satisfactory. If district nurses are to bicycle, we think they must be allowed to wear the ordinary costume of skirt and tight-fitting coat. A large apron can be carried in a basket fastened on to the handle bar, and should always be worn when at work.

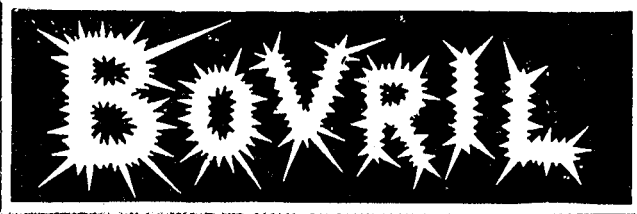
*Nurse P., Birmingham.*—We do not advise you to begin private nursing on your own account. Even if you start with a good connection, this is apt to drop off after a while, and if you are out of touch with the nursing world, you

may then be out of work for considerable periods, probably increasingly so as you get older. It is always advisable, in our opinion therefore, to join some good co-operation.

*Miss Robinson.*—It is always desirable to obtain general training before that of a special branch. You then have a basis upon which to build, and can profit by the instruction which you receive in the speciality to the full; but if you begin with this, you lose much valuable time which might be spent in acquiring the special information, in gaining elementary knowledge. It is, therefore, in our opinion, important that you should obtain a certificate in general nursing before taking up a special branch. There are many subjects, such as anatomy, physiology, hygiene, sick-room cookery, etc., which you might with advantage study now, if you have any time to spare.

*Miss P. T., London.*—It is always a good thing to hold an appointment abroad, if you can do so for a while without injuring your future prospects. The educational value of travel, and of residence in a foreign country, is extreme. You must face the fact, however, that you will probably find it difficult to obtain a post in London again, if you once put yourself out of touch with the nursing world.

*Novice, Edinburgh.*—There is no doubt that to go through a practical course of cookery would be of great value to you in your subsequent career, more especially as you intend ultimately to take up private nursing. In houses where the cooking is indifferent, you will find it of the utmost benefit to your patient to be able to prepare dainty dishes. You will also know the properties of various foods, and in what forms nourishment is best administered. Palatable and nutritious food plays a great part in the speedy recovery of a convalescent, while to the acutely ill it frequently makes the difference between life and death. No time is wasted, therefore, which is spent in gaining a thorough knowledge of this most important subject.



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### POINTS FOR PROBATIONERS.

BY  
E. J. R. LANDALE, M.R.B.N.A.

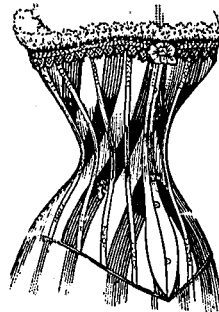
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