

### Notices.

*In consequence of innumerable complaints, we would advise our readers in provincial towns to order their NURSING RECORD through Messrs. Smith & Son's Bookstall at the Railway Station. In case they have any difficulty in obtaining it in this manner each week, we shall be glad if they will write a post card to the Manager, at our Offices.*

*Copies of the NURSING RECORD are always 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.

**Matron.**—You are not alone in finding a want of "loyalty" amongst nurses. We are constantly hearing of the same thing. Is it born in most women to be disloyal? Is it due to the fact that most of them never have any public school training, and so are lacking in the camaraderie which one so often finds in men? Is it caused by jealousy, or what is the reason? Only women can answer the question. The fact remains, however, that the disloyalty to sex amongst women is the main cause which renders co-operation amongst them so difficult.

**Staff Nurse.**—We should advise you to obtain the "Text-Book of Anatomy and Physiology for Nurses," compiled by Miss Diana C. Kimber, until recently Assistant Superintendent, New York City Training School, Blackwell's Island. The book is the best of its kind that we know for nurses. It is, moreover, profusely illustrated with admirable engravings, a fact which adds greatly to its value. It is published by MacMillan and Co.

**Ignoramus.**—The Weir Mitchell treatment is so called after its founder, Dr. Weir Mitchell. It consists in rest, isolation, over-feeding, and passive exercise or massage and

electricity. Also the patient is taken from home and strictly isolated from friends and family. In extreme cases she is not even allowed to sit up in bed, but is fed by a nurse. She is weighed before being put to bed, and frequently during the treatment. At first she is placed on a milk diet, and for the first few days three or four ounces of milk are given every two hours. If it is very distasteful it may be flavoured with tea or coffee. Gradually the quantity is increased, and the intervals lengthened to three hours, until two quarts are taken in the twenty-four hours. The result is almost always that dyspeptic symptoms disappear as if "by magic." After from four to seven days a little solid food is given, which is gradually increased until the patient at the end of about ten days takes three full meals daily. The cure is sometimes completed by a sea voyage.

**Private Nurse.**—The following is Sir Henry Thompson's recipe for a purely vegetable stock for soup: Slice two carrots, two turnips, a head of celery, and two onions; put into a frying-pan with a few sweet herbs and half a pound of butter. Fry until well browned, then put them with three or four cloves, some salt and black pepper, into six pints of cold water in a saucepan, bring to the boil, and gently simmer for two or three hours, reducing to four pints, not less; strain off into a vessel, letting it stand for use. When required, pour off the clear liquor, leaving the deposit, and you will have a good vegetable stock. If it is to be used as a clear vegetable soup, heat, adding at the close two tablespoonfuls of cornflour previously mixed smooth in some of the liquor, and let the whole boil; if any scum arise, remove it. The cornflour gives to the decoction an agreeable body.

**Miss L., London.**—We think it would be very unwise to attempt to start a private nursing home unless you have a considerable amount of capital. The expenses of such a home are great, and unless you have money which you can afford to sink, it is a mistake to try to start one. Also there are so many institutions of the kind nowadays, that the competition between them is necessarily very keen.

## Women's Total Abstinence Union.

President, THE LADY ELIZABETH BIDDULPH.

Offices, 4 LUDGATE HILL, LONDON, E.C.

For information respecting the Women's Total Abstinence Union the formation of a Women's Total Abstinence Society for Lady Speakers, and for Publications, Badges, etc., address to the Secretary as above.

The Official Organ, "Wings," is published monthly, 1d or 1s. 6d. per annum, post free.

## Nurses' National Total Abstinence League.

FEDERATED TO THE WOMEN'S TOTAL ABSTINENCE UNION

The Hon. Mrs. ELIOT YORKE, Hamble, Cliff, Netley, Southampton, President.

This League was formed February 14th, 1897, in order to unite all Nurses who are Total Abstainers, and encourage them to enlist others in the Temperance Crusade.

The Rules, with Form of Application for Membership, can be obtained from the W. T. A. U. Offices, 4 LUDGATE HILL LONDON, E.C.

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