

Notices.

WILL our readers kindly notice that communications for insertion in the current number of the NURSING RECORD should reach the editorial Office, 20, Upper Wimpole Street, W., *if possible*, not later than Wednesday morning. We receive much interesting matter just after we have gone to press which, if sent a few posts earlier, could be inserted, but is stale a week later.

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.

E. L. C. Eden, Taunton.—You would find the "Century Invalid Cookery Book," published by Messrs. T. Fisher Unwin, Paternoster Square, price 3s. 6d., a very good one.

A Devonshire Matron—It is our rule that all communications must be duly authenticated with name and address,

not for publication, but as evidence of good faith. As your question, however, is quite an impersonal one, we have waived the rule and have pleasure in answering your question. We do not think the sum you mention as spent in housekeeping at all extravagant, as we do not believe it possible to cater really well for any household for less than ten shillings a week per head, and in the case of phthical patients the expenses are necessarily greater. As, therefore, you keep on an average rather below this sum, and from what you say we gather that the patients are very well fed, we should say that the domestic department of your institution is economically managed. We appreciate your kind remarks about the NURSING RECORD, and thank you for them.

Nurse Elsie.—You would do well to apply to Mrs. Francis T. Piggott, Hon. Secretary, Colonial Nursing Association. There are, however, only about sixteen vacancies yearly, and there are from 200 to 300 applications. Preference is given to candidates holding the L.O.S. certificate. The salary is £60 per annum (guaranteed by the Association) and board and lodging provided by the local committee abroad. Second class passage out and home is also paid. The nurses of this Association are required to refund their passage money should they for unapproved reasons break their engagement, or should the local committee find it necessary to break it owing to serious misconduct.

Mrs. James.—We shall be glad to consider the article. Kindly remember, however, that brevity is the surest passport to early insertion.

Miss P.—You should make sure that the certificate is one for three years' training—the whole of this time being spent in hospital—otherwise you will find subsequently that you are debarred from obtaining many appointments; besides which you certainly cannot obtain the necessary experience in a less period. Nursing is a scientific profession, and demands the same assiduity and prolonged close attention as other professions.

The Enemy at Home.



INFLUENZA is again in our midst, and timely precautions are of vital importance. By toning up the system and imparting to it a healthy glow of natural warmth, BOVRIL prevents and counteracts the dangerous effects of cold, and thus insures immunity from the epidemic.

Patron—H.R.H. THE PRINCESS OF WALES.

ALEXANDRA HOSPITAL, FOR CHILDREN WITH HIP DISEASE, QUEEN SQUARE, BLOOMSBURY.

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STANLEY SMITH, *Secretary.*

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