

### 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.

*A New-Comer.*—We should suggest that you give at least one half-hour a day to systematic study. There are few nurses who, in the shortened hours of duty now in vogue, cannot manage to give this amount of time to theoretical work. Such work will tell when the time of examinations come; and, moreover, you will be a far better nurse if you perform your work with an intelligent

knowledge of the scientific principles which underlie it, than if you merely carry out orders by rote. Always try to find out underlying principles. Not only will your work be of infinitely more interest to you in consequence, but it will also be better done. Keep a note-book at hand, and jot down any new fact which strikes you each day.

*Miss Peters.*—Some of the Poor Law Infirmaries have excellent training schools for nurses organised in connection with them. You would do well to apply to the matrons of one of these institutions with regard to vacancies.

*Certificated Nurse.*—District nursing is as a rule not a well paid branch of the nursing profession. It is rare for a district nurse to receive more than £100 per annum, and this a private nurse in good work can earn in addition to board, lodging and washing. Most district nurses receive less than this amount. Probably the best off are those who receive a definite salary and board and lodging in an institution where they are relieved from the cares of house-keeping and the anxieties necessarily attendant upon trying to make ends meet on a small income.

*Mrs. P. Y.*—Obtain the *Nursing Directory* from the NURSING RECORD office, price five shillings; this will give you information concerning all the principal training schools, with their regulations; then you can write to the matron of the one which most attracts you as to the possibility of admission. A personal interview is required as a rule and is always more satisfactory.

*Aspiring.*—You will find nursing abroad different in many ways from that at home. Though the routine work in hospital is organised on the same lines, yet many emergencies arise, and have to be met, which do not occur at home. It is disconcerting, for instance, to be sent off, perhaps at only 24 hours' notice, some hundreds of miles with a patient, yet this not infrequently happens, and is one of the incidents for which you must be prepared.

## Influenza.



The resisting power required to afford protection from an attack of Influenza is provided in an agreeable and convenient form by Bovril. An occasional cup of this stimulating and comforting beverage imparts tone to the system, set up an immediate glow of natural warmth, and overcomes the exhaustion and numbness due to the penetrating cold and damp.

Patron—H.R.H. THE PRINCESS OF WALES.

# ALEXANDRA HOSPITAL,

FOR CHILDREN WITH HIP DISEASE,  
QUEEN SQUARE, BLOOMSBURY.

Receives Patients from all parts. Provides for a class of terribly afflicted little ones mostly ineligible for General Hospitals. Beds, 68. New Subscriptions, Donations and Legacies urgently needed for the support of this unendowed charity. Bankers—Messrs. HOARE, Fleet Street. Messrs. DRUMMOND, Charing Cross.

STANLEY SMITH, *Secretary.*

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