## Motice to our Readers.

#### STATE REGISTRATION OF NURSES.

Many requests have reached us that the all-important question of State Registration of Trained Nurses should be dealt with. Preparatory, therefore, to taking effective steps to organize those who are in favour of this form of legislation, we propose to insert every week a form for signature, which will be found among the advertisements on page vi., to enable our readers to record their vote for or against State Registration for Nurses. We most earnestly invite them to express their opinion by signing, cutting out, and returning the forms addressed to

#### The Editor, NURSING RECORD, 20, Upper Wimpole Street, London, W.

Fac-simile slips for signature can be obtained on application to the same address, and London nurses who wish to do so can sign the form at the offices of the Registered Nurses' Society, 269, Regent Street, W., between the hours of 3 and 8 p.m.

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 the NURSING RECORD Office, II, Adam Street, Strand, W.C.

# The Health of the Prairie is brought to the Sick Room

by Lemco (Liebig Company's Extract). The Liebig Company were awarded a Gold Medal at the Paris Exhibition of 1867, in recognition of their founding a new industry. Lemco has since gradually increased in public fayour until it is now sold all over the world and is used by all leading Hospitals and Armies.

The genuine Liebig Company's Extract is now labelled Lemco- the initial letters of Liebig's Extract of Meat Co.—to enable the public to distinguish it from inferior substitutes.



### Comments and Replies.

Inquirer, Paris.—The article you want appeared in The Speciator, December 26th, 1896, under the title of "What is Death?" It was intensely interesting. Hufeland writes : "The appearance of decomposition is the only reliable proof that the vital energy has departed from the organism."

that the vital energy has departed from the organism." S. G., Bath.—There are two good training schools at Bristol—The Royal Infirmary and The General Hospital. You are wise to go from your home town for training—it prevents gossip and interruptions.

Mrs. C., York.—We are inclined to think that nursing is not the vocation for a girl with the temperament you describe.

Sister Esther, Liverpool.—There appears to have been very little sickness in London this autumn amongst the class requiring private nurses, and in consequence there is at present an ample supply of nurses. We should advise you to remain where you are. One who Reads in Bed.—Do you read by gaslight? If so,

One who Reads in Bed.—Do you read by gaslight? If so, your morning headaches are easily accounted for, especially if you sleep with a closed window. Many brain workers, who are often light.sleepers, find it difficult to sleep with open windows in London, owing to the terribly noisy traffic permitted—therefore, if possible, undress with the window a little open, and before getting into bed light a reading lamp and turn out the gas, which exhausts the necessary oxygen in the room. We have tried all lights for reading in bed—a habit of many years—and found gas poisonous and productive of headache, candles flickered, and electric light pained the eyes—we now use a small lamp with reflector which is so placed that the light falls on the page but not on the face, thus a steady and soothing light enables us to read without effort or ill-results. The lamp used can be procured from Alfred Cox, 108, New Bond Street. Ask for Bruce's Safety Lamp with Nickel Plated Reflector, price only 4s. 3d. You will find it a great comfort—we use no other.





