

ture as you would a doll baby, and what can you expect but an echo if you tap its brain, or a flow of dry dust from whence the red corpuscle should spurt. Nurses must be *encouraged* by every means to help themselves.—ED.]

### Notices.

#### OUR GUINEA PRIZE.

Rules for competing for the Pictorial Puzzle Prize will be found on Advertisement page VIII.

*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, 11, Adam Street, Strand, W.C.*

*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.

*Miss Ramsay, Stockholm.*—The publishers of Dr. Hamilton's Thesis are Hamelin Frères, Imprimerie Centrale du Midi, Montpellier, France. It is not obtainable in this country, and we believe there is considerable difficulty in

getting it at all, so that we should advise you to write direct to the publishers as the best chance of securing it. We are glad you are interested in our reviews of this Thesis, as we consider it quite the most exhaustive history of nursing yet published. We are, as you say, interested in all nurses, and all nursing, and shall always be glad to hear from you on subjects of nursing interest.

*Obstetric Nurse.*—Have you ascertained that no soda or chemicals are used at the laundry where the baby's washing is done? These are very often the cause of the redness and soreness of which you complain. Of course the child's back should be sponged, not washed with soap, whenever he is changed, which should be at least every four hours.

*Certificated Nurse.*—You would do wisely to obtain training in the nursing of infectious diseases. You will find yourself much more useful as a private nurse if you have this knowledge, more especially as it is becoming increasingly usual to send even enteric fever and diphtheria to the fever hospitals. This classification is no doubt right and wise, but thereby nurses in general hospitals miss much valuable experience.

*Phthisis, Bournemouth.*—We think you must allude to an article which appeared recently by Dr. S. Bernheim in the *New York Medical Review*, on the Rest Cure for Phthisis. He believes that rest, absolute and complete, is the most important element in the treatment of the tuberculous patient. Even the pulmonary gymnastics advocated by many authorities he considers ill-advised and apt to cause progression of the disease, while a state of entire bodily and mental inactivity gives the natural forces the best opportunity to make a stand against the advance of the morbid process. The risks of auto-intoxication are diminished, organic waste is lessened, the functions of the lung and heart are regulated, the febrile movement is controlled, and every possible aid is given to those most important adjuncts in the treatment, viz., food and fresh air

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