

Notices.

OUR PRIZE PUZZLE.

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.

Private Nurse, Dublin.—We think your patient had some cause for complaint. You should never place a cold mustard plaster on a sensitive patient; the shock is like a sudden dash of cold water. Stir in tepid water with the mustard, and place tissue paper or a layer of fine mill muslin between the skin and the plaster. After removing the plaster have ready a harmless emollient such as cold cream lightly spread on mill muslin to protect the skin.

Modern Sister, Birmingham.—We are glad to hear you have a just appreciation of the care of ward-linen—it is the duty of every Sister to bestow attention on this expensive item of ward equipment. Nothing gives a more delightful

fragrance and freshness to bed linen than the old-fashioned lavender spikes, and now is the time to lay in a good supply. Place it on a sheet on the lawn in the sun until dry, strip the flowers from the stalks, then fill lightly muslin bags 18 inches square, and leave an ample supply in your linen cupboard. We have heard poor patients sniff at these scented sheets with relish. "Smells of country, Sister, don't it?"

Quite a cycle of legends clings to the plant and flower of the lavender, the name of which, by the way, is derived from the Latin *lavare*, to wash, because the ancients used it largely to give fragrance to their baths. In this country it has been the habit, from time immemorial, to put lavender in clothes presses and wardrobes.

Anxious to Learn, Bristol.—Bed covering is intended to give the body the warmth that is lost by reduced circulation of the blood. When the body lies down the heart makes ten strokes a minute less than when the body is in an upright posture. This means 600 strokes in sixty minutes. Therefore, in the eight hours that a man usually spends in taking his night's rest, the heart is saved nearly 5,000 strokes. As it pumps six ounces of blood with each stroke it lifts 30,000 ounces less of blood in the night than it would during the day. Now, the body is dependent for its warmth on the vigour of the circulation, and as the blood flows so much more slowly through the veins when one is lying down, the warmth lost in the reduced circulation must be supplied by extra coverings.

Mrs. Anderson, Bath.—We should advise you to write to, or better still see, the Matron; perhaps you have been misinformed.

Norland Nurse, Liverpool.—The London address of Nestlé's Food (an entire diet for infants) is 48, Cannon Street, London, E.C. Messrs. Garrould, Edgware Road, will supply the cloaks you admire. Miss Isla Stewart's book can be got from Messrs. Blackwood, London or Edinburgh.

IN THE PRESS.

By **BEDFORD FENWICK, M.D.,**

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