

## 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.*

## Comments and Replies.


*Private Nurse.*—True kumiss, so Miss Mary Boland says, in her excellent handbook of invalid cooking, is an Eastern product made from mare's milk, but in this country it is always made from cow's milk. Sometimes patients object to kumiss in the first instance on account of its odour, which is not agreeable to everyone, but it leaves a most agreeable after taste in the mouth, and anyone who has once taken a glass of it will seldom refuse a second offer. It is sometimes retained when the stomach rejects almost every other form of nourishment, and is in reality partially predigested milk containing carbonic acid and a little alcohol, both of which have a tonic effect.

*Three Years' Certificate.*—We think you must mean "Lessons in Massage," by Mrs. Margaret D. Palmer, which is an excellent handbook. It is published by Baillière,

Tindall and Cox, 8, Henrietta Street, Strand, price 7s. 6d net.


*Mrs. Knight, Bath.*—It is now believed that consumption, or tuberculosis of the lungs, is a preventable disease, which is communicable from man to man, and from one organ to another, and that the disease is caused by a germ or bacillus, which is present in the sputum of all persons suffering from it. Danger of infection occurs if the sputum be allowed to dry. The bacilli are then set free in the air, and may be inhaled into the lungs, causing consumption in any person pre-disposed to it. It is probable that direct infection in this way, rather than hereditary taint, is the cause of the contraction of the disease by many members of the same family. An excellent little pamphlet of rules for consumptives, which are the outcome of modern knowledge in relation to this disease, is published by the National Sanatorium, Bournemouth. A point of interest to nurses, mentioned in this pamphlet, is that the breath of consumptives is not infectious, and that if the sputum be carefully disposed of there is no risk to healthy persons attending them.

*Miss Thompson, York.*—District nursing is a branch of nursing work which affords much satisfaction to those who are genuinely interested in their profession, and who realize the relief and benefit afforded to the poor in their own homes by the ministrations of skilled nurses. It is not a lucrative branch of work, indeed many nurses are deterred from entering upon a career which attracts them by the very poor salaries frequently offered to district nurses. It is considered good if a salary of £100 per annum is offered to a district nurse, and when it is realized that she must expend fully £70 in providing herself with board, lodging, and washing, it will be seen that the balance left is not a large one for dress and incidental expenses, to say nothing of laying by for sickness and old age. A private nurse can not unfrequently earn £100 per annum in addition to her board, lodging, and washing.



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


Physician to The Hospital for Women, Soho Square;  
late Senior Assistant Physician to the City of London  
Hospital for Diseases of the Chest.



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"The Nursing of Diseases of the Chest."

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