

extent, a stimulant in cases of uterine inertia. For all of these reasons it is very popular with maternity nurses, and there is generally in consequence no lack of corks when they are needed for the purpose of making umbilical pads.

I do not think that any one who has once used a pad of this description will, from choice, return to one the foundation of which is a penny. Besides the advantage of its larger size the cork is much lighter, and on this ground also more suitable than the penny.

The suggestion may be a somewhat homely one. I make it because I also believe it to be valuable.

Yours faithfully,

OUT-PATIENT SISTER.

A HEALTH RESORT IN PALESTINE.

To the Editor of the "British Journal of Nursing."

DEAR MADAM,—Knowing your ready sympathy with all humanitarianism, it gives me great pleasure to inform you that I have been enabled to found a Hydropathic Establishment at Jaffa (Palestine).

The building is situated on the northern shore — the healthiest part of modern Jaffa.

There is a splendid promenade overlooking the sea and commanding a fine view of the old historic town.

This institution was erected in response to one of the most crying needs of the country. Hitherto the people of Jaffa and Jerusalem suffering from gout, rheumatism, sciatica, and various neurotic complaints were obliged either to endure helplessly at home, to undertake the tedious and wearisome journey by mule or donkey to the hot springs of Tiberias, or if circumstances permitted, to have recourse to the treatment of Carlsbad.

These difficulties and inconveniences have now been overcome, and the "Bella Vista Hydropathic Establishment," which is managed by an efficient staff of trained workers, has, since its opening in May last, already rendered invaluable service to those who have availed themselves of its curative advantages.

Its great possibilities are enthusiastically spoken of by many members of the medical profession.

The treatment comprises hot and cold sea baths, massage, electric bath, Turkish vapour bath, Russian bath, fomentations, douches, and fresh-water baths.

I shall be glad if you will kindly take notice of the "Bella Vista Hotel and Hydropathic Establishment" in your widely-circulated paper.

The establishment is under British protection and management, and perchance some of your readers who for health's sake usually winter abroad, may hear with pleasure of the existence of such an institution in the salubrious climate of Jaffa, and be inclined to combine curative treatment with a visit to the Holy Land.

Arrangements may, if desired, be made with the director for tours at moderate charges to the various interesting sites of Palestine.

I am, dear Madam,

Yours truly,

MARGARET A. PALMER,

Comments and Replies.

Ward Sister.—The Sister Jane support is not the invention of a nurse but of a medical man.

Provincial Matron.—In relation to the Finsen Light treatment of lupus, Dr. Norman Walker, who believes the results obtained by its use to be more satisfactory than those following other methods of treatment, lays great stress on the employment of reliable nurses to apply the treatment prescribed. A perfunctory application does more harm than good, stimulating instead of destroying the disease.

Mrs. Thompson.—The procedure in relation to the removal of a midwife from the Roll of the Central Midwives' Board is (1) for the Board to consider whether, on the evidence before them, a case has been made out requiring an answer from the accused person; (2) to issue a notice in writing to the accused person detailing the charges against her and informing her of the day when the Board intends to deal with the case. At the hearing the accused person may be represented or assisted by a friend, legal or otherwise.

Our Practical Points Competition.

A Prize of One Guinea will be awarded by the Editor to the author of the best paragraph of not less than 400 or more than 500 words, descriptive of some point connected with practical nursing. A second Prize of half a guinea will also be awarded to the author of the paragraph which is second in merit. Specimens of "Practical Points" will be found in our issue this week. The conditions of the competition are as follows:—

1. Each competitor must enclose with his or her paragraph a sealed envelope, outside which is written the title of the paragraph only, and inside the title of the paragraph with the author's full name and address.
2. The decision of the Editor must be accepted by each competitor as final.
3. The Editor reserves to herself the right to publish any of the paragraphs received for the competition. In such event payment will be made for the paragraph at the current rate, such paragraph to become the property and copyright of the BRITISH JOURNAL OF NURSING.
4. All competition paragraphs must be received by the Editor, at 20, Upper Wimpole Street, London, W., not later than Thursday, December 28th. The one gaining the prize, with the name of the prize-winner, will be published in our issue of January 6th.

Notices.

OUR PRIZE PUZZLE.

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

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