

professional women. The majority of nurses are far too liable to let matters slide, and need a bit of bracing up, and no other paper ever hints that we have a duty to one another as well as to our patients. Wishing you and your able staff a happy and successful new year.

I remain, yours sincerely,

M. C. MORRIS.

[Editors, like readers, require "a bit of bracing" and we find such letters as the above eminently refreshing.—Ed.]

CLEAN MILK.

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

DEAR MADAM,—I am glad to see that the importance of the common-sense system of supplying clean milk, milked and bottled under strict precautions as to cleanliness and under the supervision of a trained nurse, is now being recognised. It is surely a more sensible method than pasteurizing milk which has become contaminated, with the object of destroying the contamination. Moreover, the character of milk which has been pasteurized is to some extent changed, and it can never be as nutritious for the sick and for infants as clean untreated milk. Cleanliness and simplicity are the two points which should be remembered and applied in relation to the treatment of food and appliances which have to do with the sick. Elaborate methods are always more or less a confession of failure or of imperfect knowledge. Simplicity is the test of success.

I hope the method of placing milking arrangements under the control of those who understand the importance of, and will enforce, strict cleanliness in regard to them will be widely adopted.

I am, Dear Madam,

Yours faithfully,

CLEANLINESS.

Comments and Replies.

District Nurse.—You probably mean Compericum which is much praised, both as a preventive of bed sores and as a dressing when the skin is broken. It is supplied by Mr. Garrad, Chemist, Leamington, the smallest amount supplied costing 1s. 3d., post free.

Ignoramus.—The average weight of a normal full time infant at birth is about 7 lb. It should always be weighed shortly after birth, and scales are made for this special purpose. A weight chart should be regularly kept, as it is one of the best criterions of the child's state of health.

Miss C. Evans.—If you obtain the "Nursing Directory," published at 11, Adam-street, Stand, W.C., price 5s., you will find the regulations of all the principal training schools. Write to the Matrons of any which you would like to enter, enclosing stamped envelope for reply, and ask when there is a vacancy and if you may be accorded a personal interview. This is invariably a necessary preliminary. Be sure to select only such schools as give a three years' term of training, otherwise you will be disqualified for some important appointments subsequently.

Last Words for 1905.

Our last words for 1905 are on the subject of work, for as the years go by our conviction increases that the best gift which man or woman can receive is the right to take a share in the world's work. To some, work is necessary as a means of self-support, others have found that in its direction lies their truest happiness, and that work for the general good is incumbent upon all whether from compulsion or choice.

Amongst the workers of the world none are more happily placed than trained nurses, for their lives, if strenuous, are also most satisfying. Every hour brings its duty, its interest, and the day ends with the knowledge of "something accomplished, something done." A critical case has turned the corner, a new bit of knowledge has been acquired, some better system has been introduced into a ward or a training school; there is no limit to the possibilities and interests of nursing and the happy, satisfied faces of nurses as a rule testify to their contentment with the lot they have chosen. It is indeed so absorbing that there is a danger of becoming so engrossed in it as to take no interest in outside and public matters. It is well therefore to remember that the best nurse is one who keeps herself abreast with the times, whose mind is fresh, and whose sympathies are wide because, from her contact with the world, she has learnt something of its sorrows, and can sympathise with its joys.

Notices.

THE SOCIETY FOR THE STATE REGISTRATION OF TRAINED NURSES.

All those desirous of helping on the important movement of this Society to obtain a Bill providing for the Legal Registration of Trained Nurses will find an application form on p. vi., or can obtain all information concerning the Society and its work from the Hon. Secretary, 431, Oxford Street, London, W.

Those nurses who are working on behalf of the above Society, and are endeavouring to spread knowledge as to its aims, may be glad to know that they can now obtain a Memorandum, giving briefly the reasons why Registration is necessary, from the Hon. Secretary, 431, Oxford Street, London, W. Price 6d. for 20 copies.

Those interested in the efficient organisation of nursing should procure the Annual Report of the Society for the State Registration of Trained Nurses from the Hon. Secretary. Six copies, post free, 7d., or one copy 1½d. It gives a brief review of the history of State Registration.

CONTRIBUTIONS.

The Editor will at all times be pleased to consider articles of a suitable nature for insertion in this journal—those on practical nursing are specially invited. The Editor will also be pleased to receive paragraphs, such as items of nursing news, results of nurses' examinations, new appointments, reports of hospital functions, also letters on questions of interest to nurses, and newspapers marked with reports of matters of professional interest.

Such communications must be duly authenticated with name and address, not necessarily for publication, but as evidence of good faith, and should be addressed to the Editor, 20, Upper Wimpole Street, London, W.

OUR PRIZE PUZZLE.

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