

## Our Last Puzzle Prize.

We have pleasure in announcing that Miss Emily Marshall, 123, New Bond Street, London, W., has won the last Guinea Prize for December.

KEY TO PUZZLES FOR DECEMBER.

- No. 1.—Bragg's Charcoal Biscuits.  
B ray GS char—coal B—eyes—kites.
- No. 2.—Oxo.  
Ox—hoe.
- No. 3.—Universal Hair Co.  
UN—eye—verse—awl Hare Comb—penny.
- No. 4.—Ingram's "Agrippa" Band Teat.  
Inn—grammes A—grip—A band tea—T.

The following competitors have also solved the puzzles correctly:—M. Northwood, Nottingham; F. Dowd, Dublin; E. S. Sills, Oakham; M. Foster, Sutton; B. Mathews, London; K. Trew, Pendlebury; A. Jary, Fakenham; R. Conway, Southport; C. May, Woolwich; K. Tomkins, Aberdeen; M. C. Munro, East Ham; M. Long, Belfast; M. Dempster, Ealing; A. Parry, Kilburn; E. M. Wilson, Knutsford; S. A. G. Lett, Exming; A. L. Moore, Leeds; M. McWilliam, Omagh; C. Terry, Bristol; K. Merry, Norwich; P. Dunne, Dublin; F. M. Sharp, Birmingham; M. Sarll, London; E. Dinnie, Harrow; K. Mayfield, Chester; M. Dent, Lancaster; F. Sheppard, Tunbridge Wells; N. Hunter, London; M. C. Saunder, London; V. Mackenzie, Edinburgh; T. Parry, E. A. Leeds, London; E. Bidmead, Coventry; M. Kay, Newton Abbot; A. G. Layton, E. Macfarlane, London; M. Grant, Glasgow; T. Farlow, Glasgow; E. Tomkins, Brighton; R. Newlands, Croydon; F. Macintosh, Edinburgh; F. B. Devitt, Dublin; M. G. Crow, London; M. Deverill, Birkdale; E. Douglas, Belfast; M. Troupe, Dundee; C. Levy, Manchester; F. Bostock, Greenock; M. L. Ford, Holloway; A. M. Shoesmith, Durham; B. Atkinson, Eastbourne; M. Woodward, Redhill; F. Mostyn, Rhyl; L. C. Cooper, Brighton; F. Roberts, Surbiton; V. Newham, Virginia Water; C. Macdougall, Edinburgh; T. Grant, Warrington; C. Fowler, Halifax; E. J. B. Wright, Preston; T. Harrington, Cork; E. Burnett, Pontypridd; M. Martin, London; C. Montgomery, Glasgow; H. Ellis, Milford.

One hundred pounds have now been awarded as prizes in the Puzzle Competition, and this series will now cease. We are pleased to learn from a large number of letters received this month from those who have competed that they have enjoyed the relaxation of "puzzling." We hope that our readers will enter from week to week for the Five Shilling Prize, and that they will make suggestions to the Editor for popular competitions.

There is no doubt that nurses are great readers of fiction, for it is a real relaxation to them to escape for a while from the grim realities and tragedies with which they are encompassed into the land of make-believe. We hope to hear from many what they consider the best novel of last year.

The Rules for the new Prize Competition will be found on page xii.

## Practical Points.

**A Simple Remedy for Constipation.** Many nurses take aperients as regularly as they take their breakfast. This is a pity, for

in most cases a change in, or an addition to, the ordinary diet would be quite sufficient. A little fruit on rising often acts like a charm—if possible a baked or raw apple, an orange, or some dried figs—not once or twice only, but every morning for months.

It is, I know, almost impossible for a nurse to alter the diet provided for her, but all could take the water cure. This consists of a glass of cold water first thing in the morning and a glass of hot water when going to bed. I knew of a very obstinate case which was cured by taking olive oil. Begin by taking a teaspoonful three times a day after meals, and increase if necessary until two ounces a day are taken.

But there are people who do not care for fruit or water, and the very thought of oil makes some people feel ill. There still remain exercises. It is well known that constipation is sometimes due to weakness of the abdominal walls, and these may be strengthened by the following exercise. Stand erect on both feet (not first on one and then on the other), and draw in the abdomen; hold it so for ten seconds, then extend it. Do this twenty times morning and evening every day. It would be better still to do it three or four times a day, but as it should be done with the corsets off most nurses will not be able to manage it more than twice a day.

There are many other exercises that are very good for strengthening the abdominal muscles, but they are more difficult to explain. This one is very easy, and in many cases very effective; and moreover it improves the figure.

M. H.

**Disinfection in Scarlet Fever.** Messrs. Newton, Chambers, and Co., Ltd., of Thorncliffe, near Sheffield, write:—We

have made so many friends through your Journal that in view of the prevalence of scarlet fever in many parts of England and Scotland we feel justified in asking the hospitality of your columns for a matter of immediate importance to the public health. In the first place we wish to remind the public that the old idea that a scarlet fever patient is only infectious during the so-called "peeling" stage is an exploded fallacy. Proper use of disinfectants should be made from the first moment that the fever is diagnosed, and it is well to isolate the sick-room by hanging over the doorway a sheet moistened with 1 in 200 Izal.

When the "peeling" stage commences the patient should be sprayed over with a similar solution, and when becoming convalescent he can take a bath with Izal in the same dilution.

An important point with a patient recovering from scarlet fever is to disinfect the mouth by gargling, and the throat should be painted and sprayed with 1 in 480 Izal. We have been assured by many medical men that if these precautions are

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