

To the Editor of "The Nursing Record."

Sir,—Permit me to call the attention of Lady Superintendents, and others in authority, to the great importance of not only permitting, but insisting upon, Nurses, especially young Probationers, taking sufficient rest during the day. I imagine there are no Hospitals where sufficient chairs are not provided, but many young women, either from over-anxiety to do their duty, or from a fear of being seen seated, or from a belief that there is no time for rest, do not sit sufficiently during the day, and, consequently, their health suffers, they find their duties irksome instead of a pleasure, and finally they break down. One of the best known Nurses is now a confirmed invalid, the long hours of standing during her Hospital work having affected her spine. No Nurse can work well who does not take rest.—I am, Sir, yours faithfully,

A PHYSICIAN.

VACANT APPOINTMENTS, WANTED, &c.

MATRONS.

BEDFORD GENERAL INFIRMARY.—A MATRON is required for this Institution; must be a widow or a single woman. Salary £50 per annum, with apartments, board, and washing. It is desirable that candidates should have had experience in connection with Trained Nurses, and possess a thorough knowledge of housekeeping. Age from 30 to 45 years. Testimonials and applications, with one or more references, to be addressed to the Secretary, and sent in not later than Thursday, the 20th September, 1888.

VICTORIA HOME for NURSES, Bournemouth.—The post of LADY MATRON (Trained Nurse) to the above Nursing Institution will shortly be vacant.—Applications, enclosing testimonials, and stating salary, to be made direct to the Hon. Secretary, Crosshall Lodge, Bournemouth.

NIGHT SUPERINTENDENT.

MONSALL FEVER HOSPITAL.—Wanted, a NIGHT SUPERINTENDENT, thoroughly trained and experienced in the supervision and training of Nurses. As her duties will be principally those of supervision, acquaintance with fevers, though preferred, is not essential. Salary £40 per annum, with uniform.—Applications, stating age, with copies of testimonials, to be forwarded to the Lady Superintendent of Nurses, MONSALL FEVER HOSPITAL, Newton Heath, Manchester.

SISTER.

SISTER Wanted.—Salary £30, increasing to £35, with uniform.—Apply, with copies of recent testimonials, to the Matron, BOROUGH FEVER HOSPITAL, Leeds.

NURSES.

WANTED for Seaside (in Devonshire), Trained General NURSE, to visit, under the directions of a Lady, in the Homes of the Poor. Must be a Member of the Church of England, Communicant, and total abstainer. A refined superior person by birth and education would be much valued. Salary £30 a year, with board, lodging, and uniform.—Apply, with testimonials, to the Lady Superintendent, THE MAUD HOSPITAL, Exmouth.

WANTED, at the ROYAL SURREY COUNTY HOSPITAL, Guildford, a Head NIGHT NURSE.—Salary from £20 to £24, with uniform. Age about 28.—Apply to the Matron.

REQUIRED, superior WOMEN, fully trained in Medical, Surgical, and Fever Nursing, at the NORTHANTS COUNTY INSTITUTION.—Apply, with testimonials and photograph, Lady Superintendent, NURSING INSTITUTE, Northampton.

NIGHT NURSE, fully trained, wanted for Male Surgical Ward.—Salary £25, and uniform.—Applications, stating age, with copies of recent testimonials, endorsed "Nurse," to be sent to the Secretary, INFIRMARY, Bradford, Yorks.

TRAINED NURSE for Night Duty.—Salary £20, with uniform, board, and washing. Applications, with testimonials (copies), to be sent to the House Surgeon, COUNTY HOSPITAL, Durham.

LADIES having a connection among Hospitals, Nursing and similar Institutions, or interested in Nursing work in London and the provinces, can increase their incomes by obtaining subscribers for an important new weekly and monthly publication. Liberal commission.—Apply, by letter only, to Manager "Nursing Record," St. Dunstan's House, Fetter Lane, London.

COMPETITIVE PRIZE ESSAY.

FIFTH COMPETITION.

A Book of the value of One Guinea will be awarded for the best Essay on the following subject:—

"DESCRIBE IN FULL DETAIL HOW A NURSE CAN SPEND HER HOLIDAY."

RULES.

1.—Contributions must reach the Editor, at the office of THE NURSING RECORD, not later than October 18th, 1888, addressed as follows:—"Prize Essay Competition, THE NURSING RECORD, St. Dunstan's House, Fetter Lane, London, E.C."

2.—Manuscript must be written distinctly in ink, and on one side of the paper only, upon not less than 24 or more than 30 pages of ordinary-sized ruled sermon paper. The pages must be numbered and fastened together.

3.—The real and full name and address (stating whether Miss or Mrs.) of the Competitor must be inscribed on the back of each contribution, and notification of which Hospital or Institution the Competitor has been or is attached to.

4.—Trained Nurses or those personally associated with Nursing work only allowed to compete.

The decision of the Prize Essay Editor to be final, and any infringement of the above Rules will be considered a disqualification.

NOTICE.—The Prize Essay Editor will not undertake to return MSS. unless accompanied with a sufficiently stamped addressed envelope. In no case must manuscripts be rolled up when sent by post; they must be folded.

The following are the subjects for the subsequent Prize Essays:—

November 15th.—"Give a description with full details of the uniforms and most suitable clothing for the Nursing Staff of a Hospital."

December 13th.—"Describe a complete curriculum of Training for Nurses in a Hospital containing upwards of 200 beds."

NOTICES.

Communications relating to the Literary Department, Books, Pamphlets, &c., for Review, &c., must be addressed to the Editor of THE NURSING RECORD, St. Dunstan's House, Fetter Lane, London, E.C. The Editor will not undertake to return rejected MSS. unless accompanied with a sufficiently stamped addressed envelope.

Correspondents are requested to write on one side of the paper only, and give their real names and addresses, not necessarily as signatures to their letters, but as a guarantee of good faith. Unless this rule be strictly adhered to, no notice will be taken of such communications.

Communications from all parts of the country are cordially invited, and liberal arrangements are made for reprints of original articles, and for such illustrations as serve to increase their value or interest. Reports of Nursing Vacancies, Appointments, Meetings of Societies, &c., and Newspapers, &c., containing (marked) accounts of matters of local or personal interest or importance, will be gladly received. Correspondence upon all subjects associated with Nursing specially invited.

The NURSING RECORD is published every Thursday, and can be obtained at Messrs. W. H. Smith & Son's Railway Bookstalls, and of the principal Newsagents in London and the Provinces.

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