

the two ends of the cuff. This prevents it continually slipping over the hand; "pinning," so often resorted to, is dangerous and untidy. Caps of fine Nainsook muslin, with two rows of washing lace one and a-half inches deep; strings to match, tied in a moderate-sized bow. Aprons of fine white linen, a yard wide, with a two-inch hem at the bottom, square bib gathered into the band, and two pockets of useful size. Each Sister should have in wear two dresses, eighteen aprons, and six caps. For each dress, nine yards of single width material should be allowed, of which there are several qualities to choose from, in price ranging from 1s. 1d. to 2s. 5d. For each apron, one and a-half yards, suitable qualities from 1s. 11d. to 2s. 8d. Two yards of best Nainsook, at 1s. 11d. per yard, will make six caps and pairs of strings. Not less than six yards of lace must be allowed for each cap, costing not more than sixpence a yard.

For Staff Nurses on day or night duty, a good and useful uniform is: washing dresses of striped blue and white galatea, bodice and sleeves lined with a stout cotton twill, fastened with small mother-o'-pearl buttons; linen aprons, coming within four inches of the bottom of the skirt, with bib, fastened to the belt behind by two straps crossing over the shoulders, and with two large pockets; turn down collars and cuffs; Nainsook muslin caps and strings, trimmed with two rows of frilling. Every Staff Nurse should have at least three dresses, fourteen aprons, four caps, and fourteen collars and pairs of cuffs. Each dress will require eight yards of galatea, which will cost about sevenpence a yard. The linen for aprons (1½ yd. for each, 36 in. wide) can be selected from qualities varying in price from 10d. to 2s. 8d. The trimming for the caps is Cash's Coventry frilling with lace edge, No. 7; 2s. 6d. per piece of one dozen yards.

For Nurse Probationers and Special Probationers, I should recommend the same style of dress as the last-mentioned, but made of slate-grey linen, fastened with small grey buttons; aprons, cuffs and collars, the same as for Staff Nurse; cap of the same design, Cash's *plain* frilling being used, No. 7, at 1s. 10d. the piece. The linen for the dresses will probably cost about 8½d. or 10½d. a yard.

The outdoor uniform for every grade should be a long cloak, of plain or twilled cloth, covering the skirt entirely, to button down the front, with slits for the arms, and a small turned-down collar. For Sisters the colour should be navy blue. A plain straw bonnet, trimmed with blue velvet, arranged in a large flat bow, to fasten by velvet strings; also narrow white muslin strings, tucked at the ends, and tied in a small bow under the chin. Collar of blue velvet on the cloak.

For Staff Nurses, Probationers, and Private Nurses, who are now so frequently attached to the various big Hospitals, the following answers well: a cloak of the same design as that above described is suitable, but made of black cloth for winter wear, black cashmere for summer. Black straw bonnets, trimmed in the same way with velvet, and white muslin strings; a small white cap-front of white *lisse* showing under the brim of the bonnet.

Private Nurses should be provided, in addition to the foregoing, with a warm, grey, beige dress, for travelling, and for outdoor wear in cold weather. While on duty, nothing but the washing-dress should be worn; it is cleaner, and more cheerful.

Uniform cloaks can be bought at about sixteen shillings each; bonnets will not cost less than ten shillings and sixpence, if made of good material; a warm flannel dressing-gown is an indispensable article in the Private Nurse's outfit; a suitable one, moderately trimmed, can be bought at from fifteen to twenty-one shillings. She will also find a pair of crochet or knitted wool slippers, the soles lined with lambs' wool, most comfortable, and being noiseless and warm, best suited for night wear. They are easily made; the necessary materials only cost two or three shillings.

Nurses should ever bear in mind that the less they wear in the way of ornament the better. Jewellery seems quite out of character with uniform, and would justly be considered an evidence of bad taste, if worn; though every Nurse will find a watch an invaluable companion, and it can easily be carried without any undue display of chain.

Some like to wear chatelaines, which are both pretty and useful, but if their jingling noise disturbs a patient, they should at once be discarded. The few things that it is absolutely necessary for a Nurse to carry about with her, may safely be put in her apron pockets. They are a pair of blunt-pointed surgical scissors (price three shillings and sixpence, at Arnold's, instrument maker, 36, West Smithfield); a pair of spring dressing forceps, two shillings and sixpence; and a small, flat pin-cushion, well stocked with small white pins and safety pins.

Messrs. Maw, Son & Thompson, 12, Aldersgate Street, a few years ago, made a very convenient little case in black leather for Nurses, which could be hung from the waist by a steel chain. It carried scissors and forceps, one on either side. They were kept in place by narrow leather bands across, and a tiny pocket to receive the point of the scissors.

In all Institutions the wearing of out-door uniform is not compulsory; but year by year it is

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