

To the Editor of "The Nursing Record."

SIR,—There seems to be a tendency now-a-days amongst nurses to deprive themselves of one of the greatest adornments of the sex—namely, the hair—and to wear it short like a man. This is done, doubtless, to save time in dressing and for the sake of cleanliness. All the same, it is to be regretted; and, as a great admirer of glossy coils and plaits, and with the hope to save some nurse's "crown of glory," I beg to enclose a recipe for a cheap and excellent hair-wash, which any nurse can make for herself, and will find most refreshing to use and no offence:—

SHAMPOO MIXTURE.

Soft soap	Half an ounce.
Powdered borax	One drachm.
Ammonia	One drachm.
Eau de Cologne	Half an ounce.
Soft rain-water (boiling)	One quart.

Instructions.—Put the soft soap, borax, ammonia into a jug; pour on a pint of boiling soft water; mix well. Use as much as required as lather for the hair. The Eau de Cologne is to preserve the mixture for future use, but is always a pleasant addition to the wash.

DISPENSER.

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"Describe the relative positions of the Sister, Staff Nurse, and Probationer, and what their hours of duty and work should severally be in a properly organised ward of thirty beds."

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1.—Contributions must reach the Editor, at the office of THE NURSING RECORD, not later than June 9th, 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.

— NOTICES. —

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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.

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[previous page](#)

[next page](#)