

hours, to begin with, between one meal and the next, and a night's interval of *nine hours* is too much for so young a child. Treated with such abstinence he would "wake with the lark," and with his restlessness and peevish temper, would rouse all the inmates in the house at a very unearthly hour!

In an excellent chapter on the "Forced Feeding of Children," Dr. Cuff says: "To see a Nurse holding a coughing, spluttering child down on the bed, with the end of a feeder forced between its teeth, is to know at once that she is ignorant of the first principles of her profession." In which we cordially agree.

Paralysis, hysteria, and infectious diseases are all treated of, and Dr. Cuff's views on the use of stimulants are most helpful. In massage, we would take exception to the advice—"Having greased, or powdered the limb, according to your liking," &c. The really skilful masseuse uses neither lubricant nor powder. Dr. Weir-Mitchell, and other leaders of the art of massage, would be horrified beyond expression at such a practice. But, criticism on such small matters seems superfluous in so excellent a book.

*Sisters*, that excellent monthly Magazine which has just celebrated its birthday, is to be altered in price, and will, with the December number, be issued at one penny monthly. It will be devoted more and more to the interests of women, and the standard and interest will be fully kept up.

Competitions are announced for each month, with prizes of one guinea to the successful competitors. Some of these are particularly interesting to Nurses:—

A Prize of one guinea for the best account of a Hospital Nurse's daily life, duties, training and salaries, entitled, "How to become a Certificated Nurse." Competition open to February 3rd.

A Prize of one guinea for the best article on "Life of a Lunatic Asylum Official"—the training, duties, regulations, salaries, etc. (may be written by Lady Superintendents, Matrons, Nurses, or other officials). Competition open to April 3rd.

A Prize of one guinea for the best article on the life, duties, and salaries of Matrons and Nurses under the Poor Law Board. Competition open to May 3rd.

All competition answers must be addressed to the Prize Editress of *Our Sisters*, Messrs. Partridge & Co., 9, Paternoster Row, London, E.C.

## Bookland.

### WHAT TO READ.

"The Seven Seas," by Rudyard Kipling. (Methuen and Co.)

"From the Hills of Dream: Mountain Songs and Island Runes," by Fiona Macleod. (Edinburgh: Patrick Geddes.)

"The Girlhood of Maria Josepha Holroyd (Lady Stanley of Alderley), as Told in Letters of a Hundred Years Ago, from 1776 to 1796." Mainly letters written by the Honourable Miss Holroyd, a daughter of Gibbon's friend, Lord Sheffield. It contains accounts of the trial of Warren Hastings, the Apotheosis of Voltaire, and incidents of the French Revolution described by an eye-witness. Also an account of the

writer's personal intercourse with Comte de Lally Tollendal and other leading refugees.

"The Jerningham Letters (1780-1843)." Being excerpts from the correspondence and diaries of the Honourable Lady Jerningham, and of her daughter, Lady Bedingfield. Edited, with notes, by Egerton Castle, M.A., F.S.A.

"The Princess de Lamballe," by Sir Francis Montefiore.

"Over the Andes from the Argentine to Chili and Peru," by May Crommelin.

"Sunshine and Storm in Rhodesia." Being a narrative of events in Matabeleland, both before and during the recent Native Insurrection, by F. C. Selous, Gold Medallist of the Royal Geographical Society, Author of "Travel and Adventure," &c. (Rowland Ward, 166, Piccadilly.)

"On the Face of the Waters." A Tale of the Indian Mutiny, by Flora Annie Steele.

"The Carissima," by Lucas Malet. (Methuen and Co.)

## Coming Events.

*November 14th.*—Exhibition of the London Needlework Guild at the Imperial Institute, South Kensington. Three days.

*November 16th.*—A Course of Six Lectures on Sanitation and Household Hygiene will be given at Newington Green, N., by Miss Homersham, (Associate of the Sanitary Institute), on Monday afternoons, at four o'clock, commencing on November 16th, 1896. Lecture I. "The House; situation soil, aspect, construction, foundations, elevation, decoration."

Quarterly Meeting of the Committee of Sir Julian Goldsmid's Home of Rest for Nurses, 20, Upper Wimpole Street, W., 5 p.m.

Sanitary Appliances. George Reid, M.D., D.P.H., Medical Officer of Health, Staffordshire County Council. Sanitary Institute, Margaret Street, W., 8 p.m.

*November 17th.*—A Conference, under the auspices of the Council of County Nursing Associations at Stafford House, St. James's, S.W., at 2.30. The Earl of Winchelsea will preside.

Demonstration on Invalid Cookery, Royal British Nurses' Association, 17, Old Cavendish Street, 2.30 p.m. Third lesson—chicken broth, chicken panada, stewed eels, grilled chop, tapioca pudding, savoury omelet.

*November 18th.*—Inspection and Demonstration in the Parish of St. George's, Hanover Square, at 2 p.m. (number limited), conducted by Albert Taylor, Chief Sanitary Inspector.

*November 19th.*—House Drainage. W. C. Tyndale, Assoc. M. Inst. C.E. Lecture at the Sanitary Institute, Margaret Street, W., 8 p.m.

*November 23rd.*—Queen's Hall, 8 p.m. Mr. Bancroft will read an arrangement of the "Christmas Carol," by Charles Dickens, in aid of the Cancer Wards of the Middlesex Hospital.

*November 23rd, 24th, 25th, 26th and 27th.*—Matinée at 3 o'clock at the Avenue Theatre. "Little Eycl." Magnificent cast! Miss Elizabeth Robins, Miss Janet Achurch, and Mrs. Patrick Campbell as the Rat Wife.

*November 26th.*—First Sessional Lecture, Royal British Nurses' Association, 17, Old Cavendish Street. "A Demonstration of the present stage of the appli-

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