

### Prize Questions.

A PRIZE of One Guinea will be awarded each quarter to the nurse who has the highest number of marks for answers to the RECORD questions during the preceding three months.

Answers to each question must not exceed 250 words, and must reach the Editor, at 20, Upper Wimpole Street, not later than the 20th of each month.

#### QUESTIONS FOR MARCH.

I.—What training would constitute an efficient mental nurse?

II.—Describe the best method of sterilising surgical dressings.

(For Conditions see our Advertisement re Prizes.)

### Comments and Replies.

#### REPLIES TO CORRESPONDENTS.

*Mrs. Nicolas, Ashlands, Burwash, Etchingham.*—We advise you to apply to the Director-General, Army Nursing Service, 18, Victoria Street, S.W., and to the Under-Secretary of State for India, India Office, Whitehall, and ask them to furnish you with the regulations you require.

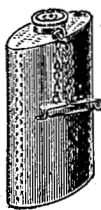
*Dyspeptic Nurse, London.*—Night duty sometimes has the effect you mention. It is the result of too much tea and farinaceous food. We should advise you to try Hovis bread. Sometimes it seems, from the discoveries made by scientists,

that we shall have to unlearn all our hygienic faiths and start afresh. New bread and the morning hot roll have been condemned as injurious and difficult of digestion. However true this charge may be, the use of new bread appears, even from the hygienic point of view, to have some compensating advantages. Dr. Troitzke states that he has found that new and uncut bread contains no micro-organisms, as the heat necessarily destroys them, while soon after exposure many microbes, not infrequently pathogenic, are to be found on the loaves.

*Mrs. S., Huddersfield.*—We do not think you need have the slightest fear of your son "falling a victim to one of these giddy nurses while he is walking the hospitals." A young man of such superior qualities and attainments will doubtless pass scathless through the fiery furnace of probationary blandishments.

*Staff Nurse, London.*—We should advise you to enter a hospital where you can, if you desire it, leave upon giving a month's notice after you have fulfilled your contract. This is important, as if you desire a post as ward sister elsewhere at the end of your training you will have no chance of obtaining one if you cannot undertake it for three months after you are appointed to it.

*Mrs. S. G., Worcester.*—It is quite certain that a complete revision of the nursing arrangements of Workhouse Infirmaries must come at no very distant date. The position becomes weekly more acute, and the large sums spent by Boards of Guardians in advertising often fail to bring applications from suitable candidates. So long as trained nurses are placed in the untenable position of working under untrained supervision, the best class nurses cannot be expected to apply for work under the Local Government Board.



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