

the medical and nursing press on questions of true interest to the nursing profession makes the liberal policy of your paper doubly valuable. I read it from cover to cover every week, and recommend it to all my friends.

Yours very truly,
AN ASYLUM WORKER.

Notice.

For the future, copies of the NURSING RECORD will be on sale at 269, Regent Street, price 1d. As this address is close to Oxford Circus, it will be found a Central Depot.

Comments and Replies.

Miss T. M. Malvern.—If you intend ultimately to take up private nursing you could not do better than study at least one foreign language. We recommend French first of all, and you should be particular to acquire conversational knowledge as well as that of the grammar, and the power to translate and read French fluently. We know some nurses who hold certificates of proficiency in foreign languages, and have even gained distinction in them, who are quite at a loss when they find themselves compelled to converse in them. In these days of international nursing it is of the utmost importance that nurses should be linguists, though all may not attain the proficiency of one of whom it was said that he would have been "quite at home in the Tower of Babel."

Pro, Leeds.—Aperients are given fasting, because under this condition the greatest result is produced by their administration. The intestinal canal being comparatively empty, the aperient comes more directly in contact with its walls, and so stimulates the peristaltic action upon which the movement of the intestines depends.

Enquirer, Liverpool.—"Cock-tails" are usually given by medical prescription a few minutes before a meal to stimulate the appetite of patients. When taken promiscuously and permanently at odd times, as a pick-me-up, their use is certainly injurious. The basis of a cock-tail is usually champagne or port wine. The white of one egg is allowed to each cock-tail. This is whisked to a froth, and then whatever wine is used is added in the proportion of one glass to each egg. The other ingredients are a small glass of liqueur, such as curacao, a soupçon of angostura bitters, and some thin slices of lemon peel. All the ingredients should be well blended in a glass jug. Port wine cock-tails are usually served in red glasses, as they are of a brownish and unappetising colour.

Traveller.—We are glad to know that you appreciate THE NURSING RECORD so much. We hope that you will help it in its mission by persuading as many of your friends as possible to take it also.

Nurse P., Bournemouth.—The presence of worms in the stools is so common in tropical countries that in some hospitals there is a rough and ready rule, "if you cannot find out what is wrong with a patient give a dose of santonine." Santonine, however, is not a safe drug in unskilled hands, more especially when prescribed for children. It sometimes produces hæmaturia and other serious symptoms. The common presence of worms in the stools in tropical countries is probably due to the impurity of the drinking water supply.

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