

Notices.

In consequence of innumerable complaints, we would advise our readers in provincial towns to order their NURSING RECORD through Messrs. Smith & Son's Bookstall at the Railway Station. In case they have any difficulty in obtaining it in this manner each week, we shall be glad if they will write a post card to the Manager, at our Offices.

Copies of the NURSING RECORD are always 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.

E. W.—We should advise you to write to the London National Training School for Cookery, Buckingham Palace Road, S.W. We think from there you would obtain information as to classes which are being held which would suit you. You would probably find a book, "Cookery for Common Ailments," recently reviewed in these columns, useful. It is published by Messrs. Cassell and Co., price one shilling. We are glad you find the NURSING RECORD of use to you, and thank you for your appreciative remarks.

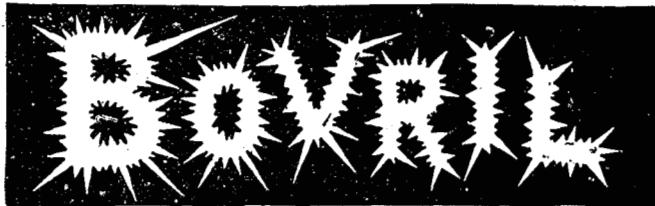
Sister, Oxford.—If you have not been to Belgium and Holland, you could not spend a pleasanter holiday than in these two countries. We should recommend you to go via Harwich and the Hook of Holland, and to return from Ostend to Dover; you can then break your journey at Canterbury, and see this most interesting city on your way back to London. You can leave Harwich at midnight, and breakfast at Scheveningen, a delightful little seaside place beyond the Hague, next morning. From the Hague, Delft, Leyden, Rotterdam, Amsterdam, are all easily reached, and full of

interest. Then from the Hague you can go to Antwerp, a storehouse of lovely pictures, as well as many other beauties, and home by Brussels, Ghent, and Bruges, which all merit a prolonged visit.

Monthly Nurse.—Delicate babies require the most careful "mothering" if they are to be brought up satisfactorily. One excellent rule to remember with regard to their food is that the more premature a child is, the greater the necessity to dilute its food. A premature child cannot assimilate milk of the same strength as that which a full term child will digest, and it holds as true of infants as of adults, that it is not what they take, but what they digest that is of value to them. A premature child should be wrapped in cotton wool and kept very warm, warmth being quite as essential to its well-being as food.

Ward Sister.—The person who is responsible to the Committee for the condition and the maintenance of the ward linen is the Matron, but each Sister is directly responsible to the Matron for the linen under her care. She should keep it under lock and key, and always give out what is needed herself. It is her duty also to make the list of what is sent to the laundry, and to count the clean linen when it is returned to the ward. In most hospitals a certain amount of mending is done in the ward, and the larger articles, such as sheets, etc., are attended to in the linen room. After the Matron's periodical inspection and stock-taking, worn articles are replaced by new, but in every instance the old article should be produced and withdrawn from the stock before a new one is given in its place. Most Matrons provide each ward with a certain amount of new linen each year, so that the stock is always kept up.

New Pro.—We should advise you to keep a daily diary of the new things which you notice in connection with your work, and of unusual facts which you glean in the course of your reading on professional subjects. You will find that such a book becomes a most valuable possession.



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