

## 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.

*An anxious Mother.*—You will find all information concerning training schools, as well as of the only preliminary schools at present in existence, in the new issue of the "Nursing Directory," which will shortly be published at the offices of the NURSING RECORD, 11, Adam Street, Strand.

*Subscriber.*—We are much obliged for your kind congratulations. We are always glad to hear that our readers appreciate the NURSING RECORD, and we hope that in the ensuing year it will be increasingly useful to our subscribers.

*Private Nurse.*—The less luggage you take both for yourself and your patient, the better. A cabin trunk, a dressing bag, and a strap for wraps, will probably be sufficient for your requirements. A canvas bag with a lock, for soiled linen, is a great convenience. You will need a good supply of underlinen, as you cannot get washing done on board ship. A dark skirt with a blouse, is the most comfortable

thing to wear in the day-time, and one evening dress, with a few silk blouses to make a variety, will do duty as a dinner dress. It is important to take rugs and plenty of wraps, as it is often very cold. A deck chair is essential, and a small pillow with washing covers is a great comfort. A sea voyage is a most delightful experience, even to those who are not very good sailors.

*Miss P. E.*—Picture tiles form the most charming decoration for the walls of a hospital, and there is no collection of dust which is inevitable with ordinary pictures. Unfortunately, like most nice things, they are not cheap, but they form a most hygienic decoration. With tiled walls, rounded corners, outside blinds, and constant cleanliness, it is difficult for microbes to find an abiding place, and, of course, the work of nurses is greatly lessened.

*Certificated Nurse.*—Candidates are eligible for appointment as Nursing Sisters in the Royal Naval Hospitals between the ages of 25 and 40. Application should be made by letter to the Director-General at Avenue House, Northumberland Avenue, W.C.

*Private Nurse.*—Many nurses find at the present time that they obtain no experience in making poultices in hospitals, but that as private nurses they are frequently desired to make them. Only practice can make perfect, and it is wise to obtain this practice. A linseed poultice is made by stirring linseed meal with a knife into boiling water until the required consistency is obtained, and then beating it for a few moments with the knife. The basin used, and the knife must both be heated before being used. The poultice is then spread on tow, or lint, or old linen, the edges neatly turned in, and it is then quickly applied. A poultice spread on lint or linen should be covered with common wool and jaconet.

*Amateur, Leeds.*—As little furniture as possible should be allowed in a sick room. What there is should be kept scrupulously clean and dainty. A few fresh flowers are always a pleasure to an invalid.



## Invalids

want easily assimilated nourishment, which is essential to retrieve their health and strength. The appetite is naturally capricious and the digestion feeble, but Bovril is always relished and retained when other foods are rejected.

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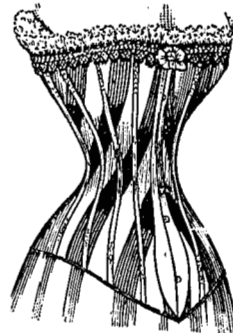
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