

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.

Miss C. S., Glasgow.—We do not know of any Home which answers to your description. We think your friend has an open field before her. We think it is important that separate wards should be arranged for each patient, or at any rate for every two patients. Provision for isolation is also a necessity.

Disappointed.—We should advise you to obtain another year's training. It is disappointing for you that you are ineligible for the appointment, but, a two years' certificate is practically useless to its holder in these days, at least in so far as regards her obtaining desirable appointments.

Certificated Nurse.—We do not recommend it. We do not see what return you would get for your money. You would certainly have no professional prestige in consequence.

Country Matron.—We are glad to hear that you intend to be present at the International Congress. It will be an opportunity for conference with representative women of other nations, not only on nursing matters, but on all that concerns women, which is not likely to occur again in the lifetime of most of us. We must therefore make the very best of it.

Private Nurse.—Gluten and diabetic bread in palatable forms may be obtained from Bonthron, 106, Regent Street. The following is a useful recipe for home-made almond cakes for diabetic patients. "Take of blanched sweet almonds a $\frac{1}{4}$ -lb. Beat them as small as possible in a stone mortar; remove the sugar contained in this meal by putting it in a linen bag, and steeping it for a quarter of an hour in boiling water acidulated with vinegar; mix this paste thoroughly with three ounces of butter and two eggs. Next add the yolks of three eggs and a little salt, and stir well for some time. Whip up the whites of these eggs and stir in. Put the dough thus obtained into greased moulds, and dry by a slow fire."

Probationer, Bristol.—By the term the "collateral circulation," is meant the arrangement whereby if one important blood vessel is injured others are able to take its place. For instance, suppose the severed ends of an artery are tied, the circulation still goes on, because another branch given off above the injured point, and entering the main artery again below it, does the work. Clotting takes place in the injured artery, and in time it becomes a fibrous cord up to the point of its union with the collateral branch, which thus becomes the main vessel.

An aspiring Nurse.—The Matron of a hospital is required to supervise the housekeeping of the institution, even when, as in larger hospitals, a housekeeper carries out the actual details. This is frequently a weak point in the qualifications of candidates for matrons' positions. Their nursing credentials are excellent, but they have no practical knowledge of housekeeping, and, consequently, if they are appointed, have to buy their experience at the expense of the institution. It is most desirable that all nurses who aspire to positions as Matrons of hospitals should be able to produce certificates of training in the housekeeping of institutions. You should consult the "Englishwoman's Year Book," edited by Miss Janes, for information as to the various housekeeping schools.

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