

### 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 Depôt.

### Comments and Replies.

"*Massage.*"—We should advise your sister to apply to Dr. Fletcher Little, 32, Harley Street, Cavendish Square, W. Our opinion is that massage cannot be taught in a few lessons; hard study and time must be devoted to it, and it is best to study under a medical man.

"*Certificated Nurse.*"—We do not advise you to join the society you mention.

"*Pupil Midwife.*"—It is an invariable rule in midwifery that the hand must be kept on the fundus of the uterus from the time that the head of the child is born until the placenta is born and the uterus is found to be well contracted. While the child is in the uterus it acts as a stimulus to contraction, but after it is born the uterus is apt to relax. The placenta begins to separate as soon as the child's head is born, consequently, if uterine contraction does not take place post partum hæmorrhage occurs. The reason of this is the blood is supplied to the placenta, from that part of the wall

of the uterus to which it is attached, by large open vessels, or sinuses, which are unable to contract of themselves. It is, therefore, of the utmost importance that the uterus should contract, and so close them. Nature has two ways of arresting uterine hæmorrhage. (1) By contraction of the uterus. (2) By clotting of blood in the sinuses. The latter usually occurs from five to six hours after delivery. The most usual cause of post partum hæmorrhage is carelessness. If the hand is kept on the fundus of the uterus, as described above, and uterine contraction once well secured, hæmorrhage very rarely takes place.

"*Miss Brown.*"—The *Nursing Directory* is published under the authority of the Matrons' Council. A three years' certificate from a training school of not less than 100 beds is a necessary qualification. It is desirable that women should understand, before entering a training school, that unless they enter an institution where they can obtain a certificate, after a three years' course, they will be debarred from many professional appointments, and their names will not be eligible for insertion in the *Nursing Directory*.

"*Certificated Nurse.*"—If you wish to be successful as a nurse in the Colonies you must be prepared to undertake many duties which do not strictly come into your province. The great essential is adaptability to all kinds of conditions, and those nurses who can only work in a groove are not suitable. Frequently also nurses are placed in positions of great responsibility, requiring much judgment and wisdom. The work of a private nurse is often onerous. For instance, the responsibility of bringing home a patient who is at death's door, and whose one hope of recovery is the sea voyage, is very great. More especially if the patient is at all delirious the position is an anxious one, for the craving to be in the "nice cool water" is extreme, and may easily lead to an attempt to disappear over the ship's side. The tension of mind of the nurse, night and day, is therefore considerable.

### A GOOD DIET

is of the greatest importance during convalescence. A beef tea that contains the smallest amount of fat or is weakened by foreign ingredients often hinders, instead of helping, recovery.

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STANLEY SMITH, *Secretary.*

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