

### Notices.

WILL our readers kindly notice that communications for insertion in the current number of the NURSING RECORD should reach the editorial Office, 20, Upper Wimpole Street, W., *if possible*, not later than Wednesday morning. We receive much interesting matter just after we have gone to press which, if sent a few posts earlier, could be inserted, but is stale a week later.

*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.

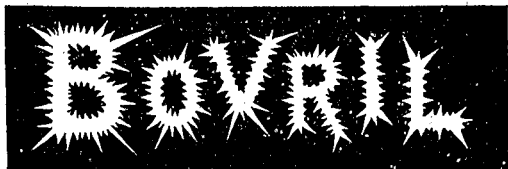
*New Probationer.*—If no outdoor uniform is adopted by your hospital, you are at liberty to provide one for yourself. It should be as simple as possible, avoiding all extremes of fashion. A quiet cloak in black or dark blue cloth, and a close fitting bonnet to match, trimmed with velvet, with white cambric strings and white bonnet front is most suitable. Veils require a great deal of care. They are apt to

lose their freshness on the first damp day, and nothing can look worse than a bedraggled veil. If you adopt one you should at least avoid the mistake made by many nurses of having it too long. We have seen nurses with veils nearly down to the hem of their skirts, which gives them a most unprofessional and undesirable appearance. The newer the nurse, the longer the veil, seems frequently the rule, as the new probationer in the wards can generally be diagnosed by the number of surgical instruments she carries.

*Private Nurse.*—Vermicelli Jelly makes a useful variety in the dietary of convalescents. It may be prepared as follows:—Take an ounce of the best vermicelli and simmer it in two and a half pints of water, with an ounce of isinglass, until reduced to a little less than a quart. If permitted, herbs, vegetables, or wine may be added. The whole should be passed through a coarse sieve and two small teaspoonfuls of invalid Bovril be added. (If stock from veal bones be used less isinglass is wanted). It should then be poured into moulds and allowed to get cold. The same preparation may be served hot with the addition of the beaten yolk of an egg, and a spoonful of cream. In the latter case the mixture should be reheated, but not allowed to boil.

*Young Mother.*—The best, indeed the only satisfactory binder for an infant is a strip of flannel, which is rolled round the body of the child. Begin over the navel, take two turns right round the child, and then stitch the binder up at the side, the baby lying on its side with its face towards you during the process. It is really rather a difficult matter to put on a baby's binder satisfactorily, and it is always best if possible to have a few lessons from one who is an adept. The chief point to be remembered is that below the navel the binder should be stitched fairly tight; this keeps it in position, but above this point it must be looser in order that respiration may not be interfered with. The stitches are always put in with the needle pointing outwards, not inwards.

## Influenza.



The resisting power required to afford protection from an attack of Influenza is provided in an agreeable and convenient form by Bovril. An occasional cup of this stimulating and comforting beverage imparts tone to the system, set up an immediate glow of natural warmth, and overcomes the exhaustion and numbness due to the penetrating cold and damp.

Patron—H.R.H. THE PRINCESS OF WALES.

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STANLEY SMITH, *Secretary.*

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