

### 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 Dépôt.*

### Comments and Replies.

*Indignation.*—We agree with you that nurses have to some extent brought their present unworthy position in the eyes of the public upon themselves. If they had been true to their profession, and put its interests first, rather than taking the line of least resistance, and considering their own individual welfare, we should not have been in the

position in which we find ourselves to-day. Good may however, even yet come out of evil. As war brings out the grit of a nation, so contempt may bring to the fore the best in the nursing profession, and those who really care more for the latter than for self-advancement, patronage, and decorations, may come forward and work together for the common good, and thus obtain for their honourable and responsible calling the recognition and protection afforded by legal status, but this will never be until nurses themselves show some public spirit, and willingness to co-operate and to make personal sacrifices for the general good. To put the matter quite plainly, have you considered what you are doing in this direction yourself.

*Nurse James.*—You cannot do better than obtain "Practical Nursing," by Miss Isla Stewart, Matron of St. Bartholomew's Hospital, and Dr. Herbert Cuff, F.R.C.S., of which the first volume is already published by William Blackwood and Sons (London and Edinburgh), price 3/6. As regards an Anatomy and Physiology, the best book of this kind for nurses with which we are acquainted is that by Miss Diana C. Kimber, published by Macmillan and Co., London, of which the price, we believe, is 10s. 6d. It is a most comprehensive book, clearly expressed and very well edited, while the many excellent illustrations add much to its clearness.

*Ward Sister.*—We should advise you to advertise in our columns.

*Miss Potter.*—You would do well to obtain general training before entering an asylum. By all means take up this branch of work if you have any talent for it. A good nurse is most usefully employed in caring for the insane, who are in some ways the most difficult class of patients to nurse, but asylum nursing is only a specialty, and if you wish to become thoroughly qualified as a nurse you must certainly obtain a three years certificate of general training. It is best to have this first, as the general training should always precede the special.

## 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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QUEEN SQUARE, BLOOMSBURY.

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STANLEY SMITH, *Secretary.*

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