

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.

Provincial Matron.—We see no reason whatever for the resignation of a matron under the conditions you describe. The situation, of course, is one which calls for discretion, and she would be ill-advised to receive the gentleman in question in her own rooms without a chaperone. Her line

of action would be open to comment, and would tend to be subversive of discipline in the hospital. Most matrons would, however, we believe, be fully alive to the need for extra circumspection on the part of an official holding so public a position as that of matron of a hospital.

Nurse Browning.—You will find the names of all those who have received the Royal Red Cross, from its institution in 1883 to the end of 1899 in the Nursing Directory for 1900, published under the authority of the Matrons' Council of Great Britain and Ireland, which may be obtained from the offices of the NURSING RECORD, 11, Adam Street, Strand, price 5s.

Enquirer.—You are eligible for membership of the Matrons' Council. The regulations and an application form may be obtained from the Hon. Secretary, Miss M. Brey, 46, York Street, Portman Square, W.

District Nurse.—We certainly have no hesitation in recommending Horlick's Malted Milk. We think you would find it very useful when you come in tired from your work. You can either take it as a beverage, which is quickly made by dissolving in boiling water, or the powder may be spread on bread and butter and eaten as a sandwich. Nurses who have tried it have spoken to us very highly of this preparation. It may be obtained from Messrs. Horlick and Co., 34, Farringdon Road, E.C.

Mrs. Jameson.—A special number of the NURSING RECORD appears once a quarter. It is the same price as usual, but it contains more than the usual issue, and has several interesting pictures as well as articles on subjects of interest to nurses.

Nurse Parry.—You should obtain "Practical Nursing," by Miss Isla Stewart and Dr. Herbert Cuff, of which the first volume is published by Messrs. Blackwood and Sons, London and Edinburgh, price 3s. 6d.; also the "Text-book of Anatomy and Physiology for Nurses," compiled by Miss Diana C. Kimber, published by Macmillan and Co., London, of which we believe the price is 10s. 6d.

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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