

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.

Mrs. Miller.—We cannot advise anyone whom duty does not call to the Cape to proceed there just now. If you read the telegram sent from Sir Alfred Milner to Mr. Chamberlain, and published in last week's NURSING RECORD, you will see that miscellaneous visitors are not only not wanted but cause "serious inconvenience" to the authorities at the present time. Further, various Society women who went off to the Cape some months ago in search of adventures of

one kind and another have made themselves so notorious that their conduct has been widely commented on in the public press, and if you went out now, though your intentions are doubtless of the best you might find yourself in a very false position. In any case, untrained nursing help is a questionable benefit.

Private Nurse.—A cup of Liebig's extract, to which the beaten up yolk of an egg and a little Worcestershire Sauce are added, is an excellent pick me up, as well as a very palatable form of nourishment. To make oatmeal gruel take a tablespoonful of fine oatmeal, and mix into a smooth paste with a little cold water, add a pinch of salt, and then equal parts of milk and water to make half-a-pint. Boil slowly for twenty minutes, stirring frequently. Sugar may be added or not according to the taste of the patient. Oatmeal gruel is excellent the last thing at night, especially if one has a cold.

Obstetric Nurse.—You would find midwifery work most trying if you are single-handed. It means that night after night you are never certain of your rest in bed, but you have to get up and go out in all weathers. The responsibility of the work is also great. Further, if the Bill before Parliament with regard to midwives is passed we cannot advise any well-trained nurse to undertake midwifery under the conditions laid down.

Country Matron.—We quite agree with you that instruction in sick cookery should form part of the educational curriculum of every trained nurse. Apart from the fact that those nurses who ultimately rise to positions of responsibility are much better able to direct their subordinates, if they possess a practical knowledge of the art, it is of great importance to private nurses to acquire it. Nurses, for instance, who are isolated with infectious cases often do not have the advantage of the services of an expert cook, and if they can prepare dainty dishes for their patients they very materially assist their recovery. The course of training which you propose for your probationers appears to us excellent.

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