

The pillar adjustable bed-table must also be noted. It can be raised and lowered as desired, and is adjustable at any angle. It is obtainable with or without rising book desk. If without, the cost of the table it is from £2 2s.

Another very useful and portable bed-table is one with rising desk, and of which the legs unscrew, so that it can be packed flat for travelling. It can be obtained in polished pine at 7s. 6d. without desk, or if with desk then at 15s. It would be a most useful and welcome gift to any invalid.

A new combination couch, which can be used either for this purpose, as a lounging chair, or as an arm-chair, is to be had in English birch, cane-seated, for £5 5s., exclusive of cushions. This couch makes a really comfortable bed, and folds into a small compass for packing.



A comfortable bed-rest is one at £1 5s. of birch, and cane, with cheeks, which keep the pillows in position, and arms, which are a comfort to a weak patient, and which can be put down at will for nursing purposes.

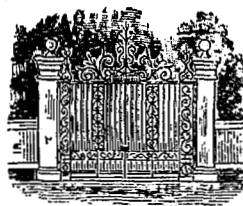
It is adjustable to any position, and may, if desired, be obtained upholstered at £2 5s.

CRICINE CREAM.

Most essential requirements in a nurse are hands which are smooth, supple, shapely, and well kept. That they should also be spotlessly clean goes without saying. Shapeliness is nature's gift, but smoothness and suppleness are, for the most part, within the power of all nurses to attain, and the use of an emollient at night will help the process. While there are no persons who should be more particular on this point than nurses, there are none who need to be more careful, for they are placed at a great disadvantage owing to the many purposes for which they use their hands and the fact that these are constantly immersed in disinfectants. The choice of an emollient becomes, therefore, of importance. Some nurses use glycerine and rose water, but this dries the skin and cannot be altogether recommended. Those who are seeking for a preparation which is both dainty and satisfactory, cannot do better than use the Cricine Cream, supplied by the Cricine Co., Regent House, Regent Street, W., price 2s. 6d. It is emollient without being greasy, and may be used by those possessed of the most sensitive and delicate skins. We cordially commend it to the attention of nurses.

Outside the Gates.

THE WOMAN'S "WHITAKER."



WE have received from the publishers, Messrs. Adam & Charles Black, London, a copy of the "English-woman's Year Book and Directory," price 2s. 6d., edited by Miss Emily Janes, Secretary to the National Union of Women Workers of Great Britain and Ire-

land. We congratulate Miss Janes on the completeness and usefulness of this book, which is an encyclopaedia of everything touching women's work and interests. Only those who have compiled similar publications know the laboriousness of the task, or the amount of work involved. The work, however, is in able hands, it would indeed be difficult to find anyone more fitted for the task than Miss Janes, and now that she has provided us with such a complete book of reference, and accustomed us to its usefulness, we should be quite at a loss without its presence for daily consultation.

The first point of interest brought out is the number of Universities which now give degrees to women. They are the University of London, Birmingham University, Durham University, Victoria University Manchester, University of Wales, University of Glasgow, University of Edinburgh, Aberdeen University, University of St. Andrew's, and the Royal University of Ireland, not a bad record when we consider that at the beginning of the century the doors of all Universities were closed to women.

Again the increasing number of occupations open to women, too many to be detailed here, are remarkable and most interesting. The short articles on each subject, written by experts, are a feature of the book, and they are at once interesting and useful. Again we have given to us in concise form the various Trades Unions existent among women. We are told that "the same reasons which contribute to the comparatively low wages and bad conditions of women in industry lead to the comparative weakness of Trades Unionism amongst them." The lesson which it is so difficult for trained nurses as well as for other women workers to learn, is that "Union is Strength," and means good conditions of labour and better pay.

This is the lesson which men are so opposed to our learning, and which, the least worthy amongst them strive to prevent our realizing, by all the means at their disposal. The lesson before us in the present century is, however, union and combination if we do not wish to go under, and is one which must be learnt at all costs.

Two interesting additions to the new Year Book are the articles on "Woman's Suffrage and the New Parliament," and the "Landmarks of a Century," a synopsis of the "Women's Movement in the British Empire," both from the able pen of that veteran worker, Miss Helen Blackburn. The article the "Events of the Year 1900," chiefly as they affe

[previous page](#)

[next page](#)