

Notices.

OUR PRIZE PUZZLE.

Rules for competing for the Pictorial Puzzle Prize will be found on Advertisement page VIII.

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 the NURSING RECORD Office 11, Adam Street, Strand, W.C.

Comments and Replies.

Nurse Bentham.—Pioneer nursing in a foreign country demands special qualifications, and many nurses who do admirably in the wards of a well organized hospital at home, fail when placed in these new and often difficult surroundings. Besides possessing a thorough professional knowledge, including midwifery experience, a nurse, to be successful as a pioneer, must possess initiative, resourcefulness, and the power of adapting herself to new conditions. In addition she should have an open and unprejudiced mind and study sympathetically the customs and manners of the races amongst whom she works.

Miss James.—Margate air is considered very beneficial for scrofulous cases. The Royal Sea Bathing Hospital has been established there for the reception of patients suffering from tubercular and other diseases which require sea air and sea bathing.

Convalescent Home Sister.—Curried eggs are excellent if properly made, and are a useful change. They should be

eaten with boiled rice, the rice being served in one dish and the eggs in another. The usual mistake of English cooks is to make all curries far too stodgy. When made by Indian cooks they consist mainly of savoury gravy, the basis of which is cocoanut milk, with the addition of lemon juice, and other delectable ingredients. To this gravy is added sparingly the more solid portion of the dish, such as prawns, eggs, etc. The eggs are first hard boiled, and then cut into pieces lengthways. Bombay duck, which is a kind of dried fish, is usually served with curry, and is a great improvement.

A Scotchwoman.—There is no learned profession in this country except that of medicine which is open to women on the same terms as men.

Nurse Taylor.—We do not advise you to read many medical books. A nurse has not time for the thorough study of these in addition to her own work, and no knowledge which is not thorough is of much use. Every nurse should of course have an elementary knowledge of anatomy, physiology, and hygiene, and then map out for herself a systematic course of reading in subjects treated from a nursing point of view.

District Nurse.—You would find a small gas stove a great convenience. It is not necessary to buy one, unless you prefer this method. You can hire it from the Gas Company at 1s. 6d. or 2s. a quarter, and it can be fitted at a small cost. A stove which will do the entire cooking for three persons, and which will not only bake, boil, or fry, but is also fitted with a hot plate for grilling, costs two shillings a quarter. Chops, kidneys, bacon, toast, and other small things can be quickly and well cooked by the grill.

Private Nurse.—The only hospitals of any size for Europeans on the east coast of Africa are those maintained by the Universities Mission to Central Africa, and the French Mission on the island of Zanzibar, and the Government Hospital at Mombasa.

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STANLEY SMITH, Secretary.

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