

## 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.

*Traveller.*—Gnat bites, and to a more acute extent mosquito bites, are often very irritating and painful. A handy and effective remedy for the relief of the irritation is sal volatile, which at once relieves it if applied to the spot. A gnat bite, as a rule, will require no further treatment. Mosquito bites are often troublesome to heal owing to their tendency to degenerate into ulcers, partly no doubt from the reason that the skin in tropical climates is generally more or less sodden from perspiration. When such ulcers have formed they must be treated in the ordinary way by the application of some emollient or stimulating lotion, and be protected from the air.

*Assistant Nurse.*—Reflex action is the term used to describe the different influences which are transmitted from

nerve to nerve. It exists when a nervous current, transmitted by a sensory nerve returns in the track of a motor nerve. The centres of reflex action are to be found in the spinal cord and the base of the brain.

*Mrs. James.*—Every woman, whether a nurse or not, should know how to wash and dress a baby, yet many, even those who are about to become mothers, are content to be quite ignorant of this important subject, imagining, we presume, that the knowledge will "come naturally." We have learnt to disbelieve in the omniscience of the "born nurse," it is high time, in the interests of the infantile population, that we began to distrust that of the mother. It takes not only knowledge but considerable practice to wash and dress a baby properly. Classes might well be formed in connection with crèches for the purpose of teaching girls how to wash and dress infants, under the direction of an experienced teacher. The eldest child of a family often has most untoward experiences through the ignorance of its mother. An infant knows at once when it is in experienced hands, and is proportionately content.

*In Doubt.*—A case of diphtheria should never be allowed to sit up in bed without leave from the medical attendant. There is always a danger of sudden death from heart failure in these cases, and instances are on record where it has occurred through the want of care of the nurse in this respect.

*Miss Edmonston.*—We do not advise you to go into a private nursing home with a view to training. The certificate would not be valuable to you subsequently, neither would you see a sufficient variety of cases to get a thorough practical training. You should enter a general hospital of at least 100 beds.

*New Pro.*—You will be well advised to devote a definite time to study every day, even if this be only half-an-hour. In these days of shortened hours on duty there are few who cannot give this amount of time, and it is astonishing how the knowledge thus acquired accumulates.

YET  
ANOTHER  
NURSE

AND

DR  
TIBBLES' Vi-Cocoa



NURSE LORD, North Western Hospital, N.W., writes:—

"Nurse Lord has taken Vi-Cocoa regularly, and finds it most digestive and sustaining while engaged in nursing at night. She will have sincere pleasure in recommending it to her patients and fellow-nurses, especially those suffering from indigestion and anæmia. Nurse Lord has pleasure in submitting this testimonial to Dr. Tibbles' Vi-Cocoa Co., Ltd."

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