

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.

Probationer.—The reason why in cold climates a large amount of fat is tolerated, and even appreciated, in the diet is that a cold climate increases metabolism, and consequently a fatty diet supplies the nourishment required, and so does not produce nausea.

Country Matron.—The Matrons' Council of Great Britain and Ireland answers to the American Society of Superintendents of Training Schools for Nurses in the United States. At present we have no society answering to the National Associated Alumnae in that country, but the constitution of a National League has been formulated, and as Leagues of Graduate Nurses are now being organised with every prospect of success, it is probable that before long we shall have a National

League of Certificated Nurses ready to affiliate with the Matrons' Council and form a National Council which can enter the International Council of Nurses, and so establish relations between this and other countries.

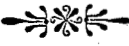
E. H., Rotherhithe.—The Hon. Secretary of the Marylebone Daily Visiting Nursing Association is Mrs. S. Spring Rice, 1, Bryanston Place, W. Nurse Martin, 10, Montagu Place, W., will give full details as to charges, etc.

Home Sister.—It is asserted that the ordinary enamelled ware now so frequently used for saucepans and other kitchen utensils is one of the most frequent causes of appendicitis. The fireproof ware is cleanly and convenient; its drawback in an institution is its expense.

Anxious Mother.—A patient who does not care for food, and finds it an effort to take even a lightly-boiled or poached egg, may often take it unconsciously if beaten up in his tea or coffee. Another excellent method of administration is in the form of an egg flip; in this case milk is added to the beaten egg, as well as about half an ounce of brandy, sugar to taste, and, if possible, some crushed ice. This is a good pick-me-up for a convalescent in the middle of the morning.

Monthly Nurse.—The reason why blunt instead of sharp scissors are used to sever the cord is that the ends of the cut vessels are bruised, and so clotting is favoured. Clean cuts always bleed much more than jagged ones, for the reason that in the latter case the torn inner coats of an artery retract within it and so decrease the lumen of the vessel, and therefore clotting takes place more readily.

Miss Blith Howes.—A certificate of three months' training could be of no possible value to you. We should certainly strongly advise you not to waste your money with this object in view.



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 Hospital for Diseases of the Chest.

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