

Our Guinea Prize.

We have great pleasure in announcing that "Leo," Lincoln House, Harrow, has won the Guinea Prize for September. "Leo" comes of very distinguished parentage, being a son of the celebrated "Leo," the beautiful doggie who begged so successfully for the finances of the Women and Children's Hospital at Cork, and whose reputation was known far and wide in the United Kingdom. We hope "Leo's" mistress will see that the money is spent so as to give him a real treat.

KEY TO PUZZLES.

- No. 1.—"Sanitas." Sand-eye-T-ass.
 No. 2.—Calvert's Carbolic Soap. Culverts Car-boy-lick soap.
 No. 3.—Protene Milk Foods. Prow-tin-milk-foods.
 No. 4.—"Lemco." L.M.Co.

The following competitors have also answered the questions correctly:—

- Miss Agnes Rider, Eastbourne Terrace, W.
 Mrs. Harcourt, Annandale, Twickenham.
 Mrs. Heydenrieck, Moorside, Forest Gate.
 Miss Clara Allee, Alma Road, Southampton.
 Miss H. M. Garwood, The Infirmary, Norbiton.
 Miss J. M. Sheppard, Royal United Hospital, Bath.
 Sister Marion, Royal United Hospital, Bath.
 Miss Polden, Matron, Royal United Hospital, Bath.
 Miss Grimsey, Camden Road, N.W.
 Miss Annie Hague, Victoria Hospital, Blackpool.
 Miss F. M. Dickson, St. Margaret's Street, Rochester.
 Miss A. F. Rockett, Union Infirmary, Middlesbro'.
 Miss J. G. Thomas, Osborne Road, Forest Gate.
 Miss H. E. Court, Matron, Hosp. St. Francis, S.E.
 Miss M. H. Sherlock, Sister, The Infirmary, Leicester.
 Miss E. C. Pryor, Stephen's Green, Dublin.
 Miss E. Ross, High Street, Elgin, N.B.
 Miss M. Potter, Marine Parade, Brighton.
 Miss Lucy Grey, Lancaster Gate, W.
 Miss E. Richardson, Accident Inf., Hebburn-on-Tyne.
 Miss Florence Batt, Alton, Staffordshire.
 Miss Florence Buckland, The Convent, Southampton.
 Sister A. Thompson, The Circus, Bath.
 Miss Lawrence, Kensington Infirmary, W.
 Miss C. Long, Mundesley, Norfolk.
 Miss A. E. Rossiter, Kent Nursing Inst., Tunbridge Wells.
 Nurse Eliza, North Ormesby Hospital, Middlesbro'.
 Miss F. B. Mathews, Royal United Hospital, Bath.
 Miss L. Attree, North Ormesby Hospital, Middlesbro'.
 Miss Carter, Bishopsthorpe, York.
 Sister C. Turner, Woodhall Spa, Lincoln.
 Miss A. Butler, Woodhall Spa, Lincoln.
 Mrs. McVicker, Thurles, Tipperary.
 Miss C. Jones, Leamington Road Villas, W.
 Miss T. Soames, West Street, Scarborough.
 Miss Elsie Macdonald, Ainslie Place, Edinburgh.
 Mrs. Lewis, Newport Road, Cardiff.
 Miss M. Douglas, Sardinia Terrace, Glasgow.
 Miss A. Gordon, West Cliff, Bournemouth.

The new set of puzzles will be found on page viii.

The rules for the Guinea Prize remain the same.

Care of the Feet.

How much happier the life of the average probationer would be if she could lose consciousness of her feet. But these appendages are, as a rule, painfully in evidence, throbbing, swelling, and aching. Their condition perhaps serves a useful purpose in pressing home the lesson that endurance is one of the first qualifications of a nurse, but this may be learnt in other ways, and so much pain and discomfort are caused to nurses by the state of their feet, occasioned by much standing, that the following notes on the care of the feet will, we believe, be appreciated.

In order to have perfectly-formed feet, the shoe should hold the foot with gentleness, without pressure on any joint. Very narrow soles and pointed toes should be avoided. The sole should be of natural breadth, the heel broad and of medium height.

A frequent change of shoes should be made, and it will preserve the shoes and the feet. After long walks the feet should be given a warm bath and then rubbed with rum or cologne. Should there be any pain in the soles or over the insteps, bathe the spot with a weak solution of carbolic acid. For feet inclined to swell from long standing in one position, hot sea-salt baths are very good. By dissolving the following in the bath excellent results are obtained:—Alum one ounce, rock salt two ounces, borax two ounces. The feet should be bathed daily, and twice a week should be soaked in warm water and scrubbed with a brush and soap. They should be carefully examined once a week, and loose skin should be removed and callosities should be rubbed smooth with a piece of pumice-stone. Nails should be pared and cut weekly.

To ease the feet when fatigued, rub the soles with a cut lemon, and in warm weather apply this powder, which will cure a tendency to swelling or profuse perspiration:—Lycopodium three drachms, alum one drachm, tannin thirty drachms.

For sensitive feet, bathe them in the following foot-bath for about twenty minutes before retiring, using it warm:—

Boil for twenty minutes in five quarts of water the following:—Dried mint one ounce, dried sage one ounce, dried angelica three ounces, juniper berries half a pound, rosemary leaves one pound. To better the condition of the feet and prevent enlargement, bathe frequently and rub briskly. Scrape with a file all callosities. If this is continued, the affected parts will in time be relieved entirely.

To relieve the pain from an ingrowing nail, thrust a bit of absorbent cotton, wet with the following lotion, under the ingrowing nail, which scrape and file down until very thin:—Chloride of zinc one ounce, muriatic acid one drachm, nitric acid one drachm. In early stages of ingrowing nails

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