

### Our Guinea Prize.

We have pleasure in announcing that Miss M. Cotton, Royal Albert Edward Infirmary, Wigan, has won our Guinea Prize for June.

#### KEY TO PRIZE PUZZLE.

1. Allen's Foot Ease.  
All N's foot E's.
2. Fry's Cocoa.  
F rise Cock (o).
3. Horrockses' Flannelette.  
Haw rocks E.S. FL an ELL ettes.
4. Welford and Sons' Milk.  
Well F or D & suns mill K.

The following competitors have also solved the puzzles correctly:—

Miss S. Mollison, Manor Place, Edinburgh.  
Miss M. H. Sherlock, Leicester Infirmary.  
Miss E. E. Fowler, 431, Oxford Street.  
Miss K. Hardy, Miners' Hospital, Marske-by-Sea.  
Miss M. Arthur, Clarence Villa, Slough.  
Miss M. Harris, Homewood, Woburn Sands.  
Miss Hindley, Meads Vicarage, Eastbourne.  
Miss E. Islip, 431, Oxford Street.  
Miss F. M. Smith, Ockley Court, Dorking.  
Miss Dingle, Tallerman Institute, Poole.  
Miss Rouse, Beacon Hill Hospital, Faversham.  
Miss M. Cooke, Isolation Hospital, East Malling.  
Miss N. Longley, Monkgate, York.  
Miss I. B. Smith, New Road, Croxley Green.  
Miss E. Howell, Queen's Nurse, Ditchingham.  
Miss Packer, Clarence Buildings, Weymouth.  
Miss A. E. Cawood, South End, Northallerton.  
Miss Wood, Ballinhassig, Cork.  
Miss A. E. Rossiter, Nurs. Inst., Tunbridge Wells.  
Miss L. Warren, Cambridge Gardens, W.  
Miss E. M. Dickinson, London Road, Strood.  
Miss M. Beilby, Walden Cottage, Cranford.  
Miss E. F. P. Fowler, Haldon Road, Wandsworth.  
Miss F. Peace, Pool Street, Oldham.  
Miss E. M. Bevins, Nurses' Co-operation, Leicester.  
Miss A. M. Beedie, Cottage Hospital, Somerton.  
Miss I. MacNay, N.E. Hospital, Tottenham.  
Miss A. Holmes, Bagthorpe Infirmary, Nottingham.  
Miss M. Whitworth, Blidworth Vicarage, Mansfield.  
Miss F. M. Barker, West Smithfield, E.C.  
Miss E. C. Nicholson, Glenness Place, Inverness.  
Miss A. Riley, N.E. Hospital, Tottenham.  
Miss E. F. Dwight, Bagthorpe Inf., Nottingham.  
Miss H. E. Arnold, The Hospital, Bideford.  
Miss D. Briggs, Letterovane, Monmouth.  
Miss M. Height, Beaconsfield Street, Leamington.  
Miss S. Caun, Marine Parade, Brighton.  
Miss E. Daintree, Hosp. Sick Children, Newcastle.  
Miss L. Attree, N. Ormesby Hospital, Middlesbro'.  
Miss B. I. Burrow, Batch Wood, St. Albans.  
Miss M. Taylor, Magill Road, Penge.  
Miss L. Long, Braybrook Terrace, Hastings.  
Miss Garwood, Throat Hospital, Golden Square.  
Miss H. H. Settle, 8, New Cavendish Street.  
Miss F. Sheppard, Kent N. Inst., Tunbridge Wells.  
Miss N. Crane, Nursing Inst., Devonshire Square.  
Miss J. F. O'Brien, Chelsea Hospital for Women.  
Miss E. C. Evans, Leicester Infirmary.  
Miss M. H. Kebbell, Nurses' Home, Durham.  
Miss Eckersley, N. Ormesby Hosp., Middlesbro'.  
Miss E. "Dinnie", Kent N. Inst., West Malling.  
Miss H. Green, 8, New Cavendish Street.

Miss I. Maccallum, Royal Asylum, Glasgow.  
Miss S. J. Brown, Bagthorpe Inf., Nottingham.  
Miss E. Watkinson, Ryedale, Bridlington.  
Miss M. E. Jolly, 431, Oxford Street.  
Miss E. M. Sloyde, Nurses' Home, Witham.  
Miss C. James, Hova Villas, Hove.  
Miss Francis, Sherrard Road, Forest Gate.  
Miss A. E. Howe, Princess Road, Leicester.  
Miss E. Passingham, North Grove, Highgate.  
Miss V. R. Freestone, Great Thurlow, Newmarket.  
Miss A. Pettit, Northern Hosp.  
Mrs. Sheard, Norfolk House, Chislehurst.  
Mrs. Isherwood, Greenhill Terrace, Burnley.  
Mr. E. Dryden Fenwick, Isolation Hosp., Gamesley.

The following competitors have guessed three out of four of the puzzles:—Mrs. E. Clempson, Uxbridge Villas, Hounslow; Mrs. Leigh, Ventnor Cottage, Lympstone; Miss C. F. A. West, Convalescent Home, Dovercourt; Miss H. M. Moore, Wotton Lodge, Gloucester; Miss F. Lucas, Kensington Infirmary; Miss Abnet, Bedfordbury, Charing Cross; Miss C. Abbot, Cambridge; Miss C. A. Mostyn, Rhyl; and Miss B. Jones, Hertford Street, W.

The new set of Prize Puzzles will be found on p. viii. The rules remain the same.

### The 'Rest Cure.

7.30 a.m. Nurse takes temperature and counts pulse and respiration.  
8. Bath and breathing exercises.  
8.30. Medicine.  
9. Medicine.  
9.30. Visit from resident physician.  
10. Massage.  
10.30. A glass of milk.  
11. Visit from my own physician, who counsels freedom from worry, relaxation, making "a carcass of your body and a jelly of your brain," and as much sleep as possible.  
11.30. Flowers from a friend.  
12 noon. Doctor extracts a drop of blood from the ear for examination.  
12.30. Medicine.  
1. Dinner.  
1.30. Visit from neighbouring patient who slips in against rules, and gives the history of her complicated case.  
2. Have just fallen into a doze when the head nurse comes in to see how I am resting.  
2.30. A glass of milk.  
3. Electricity.  
3.30. Time to be weighed.  
4. Nurse comes in to lower blind, and tells of a woman who has just arrived and complained because a young man in white duck asked her impertinent questions. "Why, that was the doctor," the nurse interposed. "Good heavens!" the woman exclaimed, "I thought it was the cook!"  
4.30. A cup of beef-tea.  
5. Letters.  
5.30. Medicine.  
6. Supper.  
6.30. Visit from resident physician.  
7. A cold pack.  
7.30. A glass of milk.  
8. Thoroughly exhausted, "Tired Nature's sweet restorer, balmy sleep," comes to my relief at last.  
*Still a Patient'.*

[previous page](#)

[next page](#)