

of Cs which will pass through a patient, it is advisable to have all electrodes of known surface area, and also in regular progressive sizes. Erb recommends the following sizes and areas:—

- Fine, circular, with a diameter of 0.5 centimetre
- Small " with a diameter of 2.0 "
- Medium, square, with a surface of 20 sq. "
- Large, rectangular, " 50 "
- Very large " " 100 or more

The medium and large electrodes may often with advantage be circular in shape, in which case their diameters will be 2.5 and 4 centimetres respectively.

This arrangement of size and area seems reasonable and convenient, and we think it might be generally adopted with advantage; but it by no means covers the whole ground of what is required for external application. Modifications are often required for special cases, and the ingenuity of the operator must be trusted to supply these when needed; but the standard electrodes above referred to will be found sufficient for almost all ordinary external treatments.

All rectangular electrodes should have their corners rounded off, and great care should be exercised with the pad covers so that they extend well beyond the edge of the metal. If the metal come in direct contact with the skin, chemical action is set up at the point of contact, and a scar results. *(To be continued.)*

COMPETITIVE PRIZE ESSAY. SEVENTEENTH COMPETITION.

A Book of the value of One Guinea will be awarded for an Essay as under:—

Give full particulars, with Notes as to Temperature, Dietary, &c., of at least Four "Cases," Medical, Surgical, Mental, or Monthly, Nursed by Competitor herself, and describing the Case from its commencement to its termination—Temperature and Diet-charts, &c., should accompany Essay if possible.

RULES.

1.—Contributions must reach the Editor, at the office of THE NURSING RECORD, addressed as follows:—"Prize Essay Competition, THE NURSING RECORD, St. Dunstan's House, Fetter Lane, London, E.C.," not later than Monday, June 30, 1890.

2.—Manuscript must be written distinctly in ink and on one side of the paper only, upon not less than 24 nor more than 48 pages of ordinary-sized ruled sermon paper. The pages must be numbered and fastened together.

3.—The real and full name and address (stating whether Miss or Mrs.) of the Competitor must be inscribed on the back of each contribution, and notification of which Hospital or Institution the Competitor has been or is attached to.

4.—Trained Nurses or those personally associated with Nursing work only allowed to compete.

The decision of the Prize Essay Editor to be final, and any infringement of the above Rules will be considered a disqualification.

NOTICE.—The Prize Essay Editor will not undertake to return MSS. unless accompanied with a sufficiently stamped addressed envelope; and in no case will he be responsible for any loss of same during transmission, &c. In no case must manuscripts be rolled up when sent by post; they must be folded.

NURSING ECHOES.

. SPECIAL NOTICE.—To those of our friends—in districts not already arranged for, whether at home or abroad—who will agree to send us **regularly** (reaching the office not later than Monday morning, first post) original notes or items of Nursing news, or matters of importance occurring in their districts, we shall be pleased to send in exchange free copies of the Nursing Record every Thursday, and also the binding case for each volume as it appears.

. All communications must be duly authenticated with name and address, not for publication, but as evidence of good faith.

THE Queen has an interesting account of the work in which Miss Kate Marsden is now engaged.



This lady, who travelled through New Zealand mainly at the request of the managers of the B.N.A., collected a large amount of information for them concerning the Hospitals of the islands, which I heard last year was thought to be very valuable, as furnishing data, which could not otherwise be obtained, of the nursing organisation and needs of New Zealand.

Our contemporary says that this lady went to St. Petersburg about a month ago in order to receive the cross of the Russian Red Cross Society for her services as a member of the 68th Hospital Regiment in the Russo-Turkish war of 1877-8. Since the war, this indefatigable worker has occupied various posts as Lady Superintendent of Hospitals, the last of which was at Wellington, in New Zealand. In the beginning of 1888 she left the Wellington Hospital, and started on an expedition through the South Island, giving ambulance lectures to the miners in the copper, gold, and antimony mines with which the mountains of the interior abound. During this interesting journey her audiences varied in numbers from two or three to three hundred, and consisted of Maories as well as Europeans. In June of 1889 Miss Marsden returned to England. She then determined to realise a plan which she had formed fully ten years earlier—to devote herself to the alleviation of the sufferings of the lepers in India.

In order, then, to obtain the *entrée* to the courts of the native Princes—so necessary to the successful realisation of her ideas—she sought to be presented to the Queen. Having been presented to Her Majesty at the Drawing Room on

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