

PERSONALLY I am an ardent admirer of the writings of Mrs. E. Lynn Lynton, and therefore can recommend without question her excellent article, entitled "The Profession of an Invalid," which appeared in a recent number of an excellent contemporary, *Wit and Wisdom*. The talented authoress commences the article thus: "The profession of an invalid is of all others the most disastrous, and the invalid by profession is of all human beings the one to be most profoundly pitied"; concluding with the following: "Nor from selfishness can we garner love, esteem or friendship, and selfishness is the *raison d'être* of an invalid by profession." The whole contribution is well worth perusal on account of the common sense and practical style which distinguishes Mrs. E. Lynn Lynton's work.

I AM asked to state that the Sanitary Institute, 74A, Margaret Street, W., has issued its syllabus of "Lectures for Sanitary Officers," the first of which will be delivered on February 18th.

FROM enquiries at numerous Nursing Institutions, both in London and the provinces, I gather that on account of the prevailing epidemic there has been quite a "run" upon the services of Trained Nurses, so much so that I am afraid we shall hear of breakdowns through overwork, and in consequence a succumbing to the very influences which necessitate the present demand upon those engaged in the work.

THE Private Nursing Home in connection with the Sussex County Hospital at Brighton has, at the end of its second year, proved a great success. At the end of its first year, after paying all the expenses of starting and furnishing the Home, the profits were about £10. At the end of the second year, with eighteen Nurses on the Staff, the profits amounted to £250. The committee of the Sussex County Hospital have generously resolved that a third of each year's profits shall be divided equally among such Nurses as have served the Nursing Home for one year and upwards. £6 1s. 10d. has therefore been given to each Nurse who has nursed for the Home since Dec. 31, 1889, as well as a gratuity of £25 to the Matron. The committee feel that the life of a thoroughly conscientious Private Nurse is no easy one, and that as she has to bear with much anxiety, responsibility, worries, and troubles of all sorts, she too shall share in the profits. S.G.

BACK NUMBERS.—The publishers will give double the price—fourpence per copy—for No. 49 of the *Nursing Record*, which is out of print. Those who have duplicate copies please note.

COMPETITIVE PRIZE ESSAY. SIXTEENTH COMPETITION.

A Book of the value of One Guinea will be awarded for an Essay upon the following subject:—

"DESCRIBE THE BEST MANNER IN WHICH A KITCHEN SHOULD BE FITTED UP SUITABLE FOR THE STAFF AND PATIENTS IN A HOSPITAL OR HOME OF TWENTY BEDS, THE UTENSILS REQUIRED, THE MAKERS' NAMES AND APPROXIMATE COST OF THEM, AND MENTION EVERY DETAIL CONSIDERED NECESSARY FOR THE SMOOTH AND PROPER CONDUCT OF SUCH KITCHEN."

— 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 Thursday, February 13, 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. In no case must manuscripts be rolled up when sent by post; *they must be folded.*

"NURSING RECORD" BENEVOLENT FUND.

SPECIAL NOTICE.

WE want to assist, by the united efforts of the readers of the *Nursing Record*, Trained Nurses who may be in need of temporary or permanent aid, and for this purpose donations, whether small or large, will be thankfully received, as the Fund has already many demands made upon it.

HELP WANTED HERE ALSO.

Mrs. Sarah Duyck, aged 48, is a widow, and has broken her leg so badly, that she will probably be a cripple for the rest of her life, besides dislocating one shoulder some years ago, so that she is even unable to use her crutches for long at a time.

Mrs. Duyck wishes to obtain an annuity of £20 a year from the British Home for Incurables. To do this at least 1,000 votes must be procured from subscribers to the Institution. Lists of subscribers can be obtained by sending eight stamps to the offices, 73, Cheapside, E.C.

Will every reader of this journal please do what she or he can to obtain votes for this sad case—to assist, in however small a measure, to bear another's burden? Such help will be gratefully welcomed by the Editor, *Nursing Record*, St. Dunstan's House, Fetter Lane, London, E.C., and all subscriptions, &c., will be duly acknowledged.

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