

same course, whether we go on with hospital work or take up private or district work or any other form of nursing, or even if we marry and leave nursing altogether.

Many of us think that a glass of wine, ale, stout, etc., with meals does not hurt anyone, and often does great good. This is quite true, as far as it goes, but as we have found in our three years' course that we can perfectly well do without it, why start it again? People think and talk so much about what a nurse does, that our modest glass of claret or little dose of whisky and water before retiring may be a stumbling block in the way of our weaker brethren or sisters. The maids may say, "Well, if nurse has her glass of wine, I don't see why we should not have our beer." They may not have such strong wills or brains as we have, and the one innocent glass may lead to a liking for more, and so a life may be ruined simply through our example.

One never knows what troubles and trials may be in store for us in this life. In our youth we may be strong and hardy, and work merely for the love of nursing, but as middle age approaches we may find ourselves left quite dependent on our own exertions for our daily bread. Our health may give way, and we may feel that we need a little stimulant, as we have in the past felt how it braced us up temporarily, and so, as every day we get older and not generally stronger, we may find ourselves gradually increasing our dose, until in time we may wake up to find to our horror that we have become a slave to the habit, and cannot do without it.

How do we know if one of our long-forgotten ancestors may not have had a taste for strong drink. Perhaps he may have been one of those "jolly" fellows we read of in the old-fashioned novels, who consumed three bottles of wine at a sitting, and finished up the evening under the table. The sins of the fathers are visited on the children unto the third and fourth generation. Let us not give our ancient ancestor a chance to reincarnate his evil ways in our own lives.

Of course, we must not forget in our zeal for temperance that we are under the doctors' orders, and that their directions must be obeyed implicitly. If they prescribe stimulants for the patients, they must be given without remark, and with the exactitude and promptitude of any other medicine. There is a time for everything, and when one is nursing a patient dangerously ill, for whom the doctor has ordered alcohol in any form, this is not an opportune moment for the nurse working under his direction to lecture on temperance.

E. F. WHATHAM.

## Our Guinea Puzzle Prize.

We have pleasure in announcing that Miss Annie A. Axon, certified midwife, Waltham Villa, West Street, Ryde, Isle of Wight, has won the Guinea Puzzle Prize for March.

### KEY TO PUZZLES.

- No. 1.—Lectures on Surgical Nursing.  
Leek—T—ewer—S on S—urge—"eye"  
—C—awl Nursing.
- No. 2.—Cyllin.  
C—ill—inn.
- No. 3.—Listerine.  
List—tearing.
- No. 4.—Panopepton.  
Pan—O—pea—P—ton (20 cwt.).

The following competitors have also solved the puzzles correctly:—

R. Conway, Branksome Chine; E. Beever, Horrabridge; H. G. Bowers, Nottingham; V. James, Huddersfield; C. Mackay, Banff; E. Chick, Exeter; T. Fellows, Glasgow; E. Marsland, Huntingdon; C. E. Gardner, Farnham; K. Long, London; M. Williams, Bristol; C. Flower, Margate; J. Wade, Walmer; T. Valentine, Carstairs; M. Modlin, Brixton; E. A. Leeds, London; C. Payne, Dundee; L. Ryding, Belfast; M. Woodward, Redhill; C. M. Londoun, Edinburgh; F. West, London; K. Kreckeler, Birkdale; T. Macdougall, Glasgow; E. S. Sils, Oakham; S. M. Berry, Brighton; F. C. Kay, Ipswich; B. Terry, Dover; M. C. O'Donnell, Dublin; A. M. Shoemith, Durham; F. Sheppard, Tunbridge Wells; C. Mason, Sheffield; E. Paterson, London; K. Stevens, Bath; E. Dinnie, Harrow; A. Keenan, Cork; F. Dowd, Clonskeagh; E. Clegg, Liverpool; S. Lewis, Armagh; F. M. Wrigley, London; E. J. Sayle, Epsom; E. Spencer, London; J. Ramsay, Greenock; K. T. Mostyn, Swansea; P. Newman, London; A. Jary, Fakenham; G. Smart, Cork; E. Lynn, Warwick; E. Macfarlane, London; K. Moore, Manchester; Nurse Nuti, W. Bromwich; K. Moloney, Cork; T. Long, Brighton; S. Rutledge, Watford; C. Rose, Aberdeen; T. Levy, Brighton; L. Cameron, Edinburgh; F. T. Brown, London; C. Macarthy, Dublin; S. Barber, Wellington; E. Edwards, Carshalton; O. Dunne, Limerick; P. Walton, Guildford; K. Heath, Bradford; A. C. Grove, Wigtown; W. Brading, Lincoln; B. Addison, London; L. C. Murphy, Mullingar; N. Watson, Sherringham; M. E. MacLennan, Stormaway; E. Evans, Birmingham; M. Hackett, Cardiff.

Competitors must sign their Christian name or initials.

The rules for the Prize Puzzle remain the same, and will be found on page xii.

Princess Louise (Duchess of Argyll) will take the chair at the annual meeting of the Governors of the Prince of Wales's (Tottenham) General Hospital to be held in the Council Chamber at the Municipal Buildings on May 18th.

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