

the horizontal, thus obviating the dangerous and laborious tilting of the bedstead.

No. 4, the "Skeffington Bed Pan Cushion," is again one of those extremely simple and extremely effective things that, when seen, make one wonder "why did not I think of that." It consists of an indiarubber bag of special design, which when deflated is easily got under a patient's sacrum. A few strokes of the air-pump attached to it inflate the bag, and thereby gently—almost unconsciously—lift the patient's sacrum for the easy giving of a bed pan or the lifting of any bed sore just clear of the bedding.

No. 5, the fifth of Mr. Skeffington's patents, also supplies a long-felt need; two simple uprights are placed one on each side of the bedstead, a handle is turned, and the patient's sacrum is gently lifted clear of the bedding for the perfectly easy change of a draw sheet.

Mr. Skeffington's present address is 49, Ulundi Road, Blackheath, S.E., from whom full information is obtainable.

M. S.

"THE SCIENCE AND ART OF NURSING."

A most popular book with nurses is "The Science and Art of Nursing," published by the Waverley Book Co., Ltd., 7 and 8, Old Bailey, London, E.C. The four volumes, in their handsome red and gold binding, would be an ornament to any bookshelf; the type is clear and pleasant to read, and the coloured and other illustrations exceptionally fine and well produced.

The chapter on "Nursing as a Vocation" is contributed by Miss Amy Hughes, General Superintendent of Queen Victoria's Jubilee Institute and that on "The Work of a Hospital Probationer," by Miss M. Heather-Bigg, Matron of Charing Cross Hospital. An interesting contribution is that by Dr. Charles Slater, Lecturer on Bacteriology at St. George's Hospital, on "Elementary Bacteriology," a subject with which all probationers should be acquainted. Miss E. C. Sandford, out of a fulness of knowledge gained during many years as Matron of the great City Hospital at Edinburgh, writes of infectious diseases, and Miss du Sautoy, County Superintendent for Somersetshire, Q.V.J.I., contributes an admirable chapter on "Sick Room Cookery." The four volumes are now being offered on very advantageous terms, particulars of which can be obtained from the publishers.

THINGS NURSES SHOULD KNOW.

A CONVENIENT SHOPPING CENTRE.

Nowhere will the trained nurse find her needs better forestalled and supplied than at Messrs. E. & R. Garrould's, in Edgware Road, London, W., in whose spacious Nursing Saloon are centred all the departments which a nurse is likely to patronise, and where many willing and courteous assistants are ready to make selection of the desired purchases easy and expeditious.

In and outdoors uniforms, boots and shoes, instruments, furniture, nursing appliances, books, charts, travelling trunks and many other things are to be found at most moderate prices. We specially noticed on a recent visit a convenient operating table which may be hired for operations in private houses at the small cost of 7s. 6d. per day. A novelty is a collapsible rubber bath for a baby, on a stand, which folds into a small compass, costing 23s. Special attention must also be given to the temperature and diet charts, specially arranged for Messrs. Garrould, and costing 3d. per dozen, 1s. 4d. per hundred, or 12s. 6d. per thousand. Specially interesting is a chart arranged for use in midwifery cases, which is very complete and might usefully be adopted by midwives and maternity nurses. Some glacé kid ward shoes, absolutely noiseless, at 6s. 11d., are just the things for tired feet, and the "Netley" shoes, worn at Guy's Hospital, at 5s. 11d. and 7s. 6d., which have rubber tips on the inside of the heels, have only to be seen to be appreciated. Of caps, the "Orlinda," with (in cambric) two rows of frillings, and strings, costing 1s. 9d., is both becoming and professional in appearance; it may also be had in spot muslin, with the frills edged with lace, at 2s. 6d. Lastly, in a quiet corner, nurses can write their letters, read the papers, and meet friends by appointment, so that it is not surprising that the saloon is a very popular shopping centre for nurses in the West End.

THE "ALLENBURYS'" FOODS AND PREPARATIONS.

The name of Allen & Hanburys is recognized as a guarantee of the quality and purity of any goods obtained from this well-known firm, and we have on various occasions drawn attention to the "Allenburys' Diet" made from pure, rich milk and whole wheat largely predigested during manufacture, and therefore of great value when an easily assimilated milk diet is desired. Again "Allenburys'" Liquid Beef is a food of high nutritive value; "Café Vierge" is a highly concentrated essence of pure coffee

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