

rest—seven hours at night, and one hour in the day. Recreation, one and a-half hours; and meals, one and a-half hours.

MISS EMMA JOHNSON, M.B.N.A. :—

Fourteen hours for duty; seven for rest; two for recreation; one for three meals.

MISS ELLEN BRACEWELL :—

I consider the length of time for a Hospital Nurse should not exceed twelve hours; their hours of rest eight; recreation, two hours daily, with a whole day a month, and half-an-hour for each meal.

MISS SARAH CLAYTON, M.B.N.A. :—

- (1) For arduous work, eight hours.
- (2) For consecutive rest in sleep, eight hours.
- (3) For recreation—including toilet and sundries—five hours.
- (4) For meals, an average of three hours daily.

MISS FLORENCE SHEPPARD :—

- (1) Twelve hours.
- (2) One month during year, divided into two parts, one whole week day every month, and half day alternate Sundays.
- (3) Two hours every day, or one hour alternate days.
- (4) One hour for dinner; half-an-hour for breakfast, tea, and supper; a quarter of an hour for lunch.

MISS EMMA DAVEY :—

- (1) For work, twelve hours.
- (2) For rest, eight hours.
- (3) For recreation, two hours.
- (4) For meals, half hour for breakfast; half hour for dinner; half hour for tea; and half hour for supper.

THE NEW CHAMPAGNE.

IT is generally admitted that the most tedious and most trying complaints for both Nurse and patient are so-called nervous affections, and that form of general indisposition which arises from debility consequent on prolonged exertion or over mental tension. We have often known patients when thus affected, although seeming to derive no benefit from drugs, yet experience marked improvement mentally and physically from the judicious administration of really pure champagne. The chief difficulty in the matter is to obtain champagne that is really pure, and is what it should be, a tonic and exhilarant restorative. Better give an invalid no wine than that which is inferior. Nothing more

injurious can be given than bad champagne, and, on the other hand, to nothing does a worn-out and debilitated system respond more quickly than wine that is pure and unadulterated. The great thing to be observed is to give the wine in quantity ordered by the Physician, and to obtain it pure. Another remedy (for debility and over-strain) for which thousands have cause to be thankful is the leaf of a tree which grows upon the eastern slopes of the Andes. It is the case to-day, as it was thousands of years ago, that to the humble herb of the field must man look for healing; and in every age there has been found, as required, some plants which will afford relief to the prevailing diseases of the age. Surely, in this century of toil and excitement, no greater good could be bestowed upon us than that which shall re-invigorate and re-tone the nerves shattered by the high pressure at which most of us live. This is given us in the leaf of the tree we have just spoken of. Its botanical name is *Erythroxylon coca*—nat. ord. Erythroxylaceae, and commonly known as the coca plant. The very scent of the bruised leaf is invigorating and refreshing. It is now used largely by the medical profession. Neuralgia is laid to rest by the uses of this little leaf, and that alone, if it could boast no greater prowess, should give it a high place of honour as a benefactor to mankind. We have long known of this remedy, and have used it with much success, and were therefore agreeably surprised a short time ago, when we were informed that we could buy coca in combination with champagne. Our informant assured us it was excellent, and upon inquiry we found it was undoubtedly shipped direct from Epernay, and although possessing the invigorating and tonic properties of the coca leaf, it was in no way affected in flavour. The use of this wine in a case of prolonged and obstinate weakness after an illness due to overwork, had so marked and beneficial an effect that we felt it only our duty to make it known to others who may be suffering. It has been well called the Queen of Champagnes, and we are sure if any of our readers have those belonging to them who suffer from debility, nervous exhaustion or sleeplessness, they will render them great benefit by inducing them to take champagne coca. In several cases of chronic dyspepsia we have seen it administered with marked effect, and have also found it to be during the present summer season most useful in checking and warding off sea-sickness. It is of peculiarly delicate flavour and bouquet, and in cases of exhaustion, such as were described by "Obstetrica" in her lecture recently, should prove most useful. Messrs. Corbyn, Stacey and Co., 300, High Holborn, W.C., are the sole agents, and the price is moderate.

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