

POST-CARD EXAMINATIONS.

WE are pleased to be able to announce that the sixth of this series of examination questions has been most heartily responded to, the following having secured the prize of a book or books of the value of five shillings :—

No. 471 a Care M. B. N. A 3 Lloyd Square E. C.
 Describe a week's dietary most suitable for a Nurse.
 Oct. 28 1890
 for a Nurse 29

Sunday - Cold roast beef. Vegetables. Salad. Fruit.
 Monday - Roast mutton. Vegetables. Milk puddings.
 Tuesday - Boiled beef. Vegetables. Jam rolled puddings.
 Wednesday - Fish. Cold beef. Salad. Milk puddings.
 Thursday - Roast mutton. Vegetables. Boiled puddings.
 Friday - Fish. Cold meat. Vegetables. Cheese.
 Saturday - Hot roast beef. Vegetables. Yorkshire pudding.
 Breakfast - eggs. Ham or Bacon alternately.
 Tea - Fruit or jam 3 times a week.
 Supper - Milk puddings. Bread & Butter or Cheese.

We particularly desire to draw our readers' attention to the examination question given in this issue.

** Some other answers received and deserving honourable mention.

"Describe a week's dietary most suitable for a Nurse."

MISS MARY JACOBSON :—

I think a Nurse's dietary should be: On Sundays for breakfast, bacon and potatoes, tea or coffee, bread and butter; all other mornings, porridge, a glass of milk, bread and butter; for dinner on Sundays, roast meat (either beef or mutton), potatoes, vegetables, next pie or pudding, but better still, a glass of claret; all other days, hot dinner, meat, potatoes, and a glass of beer; on Sundays, tea in the afternoon, during the week a glass of milk; and for supper alternately every other night, Sundays alike, a boiled egg and a roll one evening, and a cup of soup the other.

MISS NELLIE LEE :—

Breakfast (seven a.m.): Tea, bread and butter, egg, or bacon. Lunch (ten a.m.): Bread and butter, or cheese, milk. Dinner (1.30 p.m.): Meat every day and fish once; pudding, three times, and pastry once, varied in summer with fruit; soup, three times. Five p.m.: Tea, bread and butter. 8.30: Milk or beer, cold meat, bread and cheese.

NURSE FANNIE SIMMONS, M.B.N.A. :—

Breakfast: Ham, or an egg, bread and butter, tea, or coffee. Dinner: Hot meat, with two vegetables, four days; cold meat and salad (in winter soup) and pudding, two days; fish, potatoes, and pudding, one day; milk or beer. Tea: Bread and butter, plain cake, tea. Supper: Cold meat, or bread and cheese, and pudding (in winter hot), milk, or beer. It would be nice to have marmalade always on the breakfast-table.

MISS FLORENCE SHEPPARD :—

I consider a Nurses' weekly dietary should consist of, for breakfast either fish, meat, eggs, or marmalade, tea, coffee, or cocoa; dinner—mutton, beef (veal or pork when in season), fish once a week, puddings varied every day; tea—bread and butter, jam or cake, coffee or tea; supper—cold meat (or some made dish), soup, bread and cheese, &c. Stimulants at dinner and supper according to requirements.

MISS ELLEN M. LORD NEWNHAM :—

The best dietary that Nurses can have is as much a mixed diet as they can get. Plenty of vegetables, lentils, beans, porridge, brown bread, and not too much meat. The best thing by far

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