

and flavour with lemon ; when cool it is ready for use.

MISS GEORGIE MONTGOMERY, M.B.N.A. :—

Half a teacupful of best pearl barley, a quart cold water ; put them into a saucepan, let it come to a boil. Strain off the water, put back the barley into saucepan, with one and a-half pints of hot water ; let it boil for an hour, stirring often. Strain into a clean jug, and stand till cold. Then pour off the top clear part into another jug. Sweeten with castor sugar, and add a teaspoonful of fresh lemon juice.

MISS L. HERN :—

Wash 2oz. of fine pearl barley, boil it five minutes in a pint of water, strain, put the barley into a jug, pour over it a quart of boiling water, cover it closely with a cloth, let it stand till cold ; then stir it up, strain, and keep for use. Lemon juice may be added.

"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.

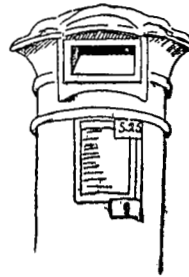
Mrs. Sarah Duyck, aged 48, is a widow, and has broken her leg so badly, that she will probably be a cripple for the rest of her life, besides dislocating one shoulder some years ago, so that she is even unable to use her crutches for long at a time.

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.

THE *Nursing Record* is a most useful and interesting weekly periodical for Nurses.—*The Metropolitan*.

IMAGINATION AND SYMPATHY.—It takes imagination to realise vividly anything outside of our own consciousness, but, directly we have this keen realisation of another's condition, we are in some sort of sympathy with him. Who would tread upon a worm or wantonly crush a butterfly or kick a dog if he were vividly realising the pain he was inflicting? And, still more, who would wound a fellow-being by word or deed or look, who would oppress the poor, cheat the ignorant, or despise the feeble, if the distress they created was ever present before them? So true is it that "Evil is wrought by want of thought, as well as want of heart."



LETTERS TO THE EDITOR, (Notes, Queries &c.)

Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not IN ANY WAY hold ourselves responsible for the opinions expressed by our correspondents.

We shall be happy to answer, as far as we can, all questions submitted to us.

FROM A SUCCESSFUL CANDIDATE.

To the Editor of "The Nursing Record."

Sir,—Please accept my hearty thanks for the books duly received, with which I am delighted. They are most interesting.—Yours very faithfully,
MARY SPANTON.

COMPETITIVE PRIZE ESSAY. TWENTY-SECOND COMPETITION.

A Book or Books of the value of One Guinea will be awarded for an Essay upon a subject to be announced next week.

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."

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.

Winners in previous Competitions are permitted to compete, but in case of a "tie" the prize would be awarded to the Competitor who has not secured a prize before.

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 ; and in no case will he be responsible for any loss of same during transmission, &c. In no case must manuscripts be rolled up when sent by post ; they must be folded.

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