

GOLDEN RULES.

A set of four postcards drawn up by Miss Dora Vine, certified midwife, deserve to be widely circulated.

No. 1 "Golden Rules" will go far if followed to secure a healthy childhood for a baby. They insist on breast feeding, regular feeding, no comforter, no drugs, free movement in a safe place, plenty of sunlight, and air night and day, regular habits, sleep, fresh air and exercise.

No. 2 treats of thrush. "Listen to the thrush singing; have a frog in your garden, but have neither in your baby's mouth."

No. 3 is concerned with what every baby needs, whether well or ill.

No. 4 is a striking illustration of a baby's stomach, life size, and showing what the baby's first meal (one ounce) should measure.

The postcards are published by A. Wheaton & Co., Ltd., Exeter.

EXPECTANT MOTHERS.

The London and Central Committee on Women's Employment for England and Wales proposes to take over workshops and factories from occupiers whose business is at a standstill and employ the workers. The first articles to be produced under these schemes should, it is considered, be for the use of expectant mothers, a great number of whom are at present in the direst distress. Miss Anderson, the Matron of the East London Lying-in Home, states that 500 maternity outfits could be allocated in Stepney alone between now and Christmas, and she is prepared to guarantee that in every such case the child would otherwise be actually without sufficient covering to maintain it in a healthy condition.

The General Nursing Association, 23, Scotia Street, Glasgow, has offered to attend, free of charge, expectant mothers whose husbands are at the front on military duty.

With a view to a reduction of the mortality attending childbirth, a system of training midwives for work among the poor has been in vogue for some years past in Hong Kong, and these women are maintained at the Government expense after completing their training; nine of them attended 2,329 cases of confinement during the year, with only 8 casualties, including 1 case of puerperal fever, 2 of placenta praevia, 2 of eclampsia, 1 of *post-partum* hæmorrhage, 1 of cardiac failure, and 1 of hemiplegia.

At Messrs. Burroughs Wellcome & Co.'s Exhibition Room, 54, Wigmore Street, there is a special display of first-aid medical dressings and equipments which may be inspected by nurses who wish for information without any obligation to purchase. Those who cannot visit this Exhibition Room should write the firm for printed matter and particulars.

A PRETTY INCIDENT.

On Tuesday morning last, a representative of THE BRITISH JOURNAL OF NURSING witnessed a stirring though touching scene, in which the staff of the General Lying-in Hospital, York Road, S.E., played a leading part.

The strains of distant music were heard, and shortly afterwards a band, heading a large detachment of the Grenadier Guards bound for the Front, came into view.

On the spacious steps of the Hospital the staff, in spotless uniform, lined up, and dainty white handkerchiefs were freely waved. "Tommy," who always has a warm corner in his heart for nurses, responded splendidly. Each group of men as they passed waved their caps and gave three real hearty cheers. The incident deeply touched the numerous onlookers.

NATIONAL UNION OF TRAINED NURSES.

REGISTER OF NURSE VOLUNTEERS.

Since the decision of the Executive of the National Union of Trained Nurses to open a register for trained nurse volunteers and for those who needed their services, 960 applications have been received from nurses, thus showing that the profession itself appreciated efforts made to avoid overlapping and provide a clearing house under professional control.

Of this large number, 424 have been interviewed up to date, and a confidential report received. Miss Gibson (late Matron of Birmingham Infirmary and Chairman of the London Branch) and Mrs. Taylor (late Matron of Moorfields Hospital) have taken charge of the interviewing, at the Central Office, of volunteers in and near London, both having given an enormous amount of time and trouble to the work, while in the Provinces no less than 61 Matrons of the best training schools in the country have also most generously given time and thought to this work; and this in spite of the extra work that has fallen upon many of them.

A large number have been recommended for foreign service through the St. John's Ambulance Association, the French Red Cross, &c., but not very many are now being sent abroad, and only those who can speak fluent French are now required.

Thirty-two Red Cross Hospitals in various parts of the country are registered, and either have been, or will be, supplied with fully trained nurses on mobilization, and a fair number of civil vacancies have also been supplied. The supply of trained nurses appears at present to exceed the demand, probably owing to the splendid way in which nurses just retired have offered to don harness again, and others earning good fees in private nursing have offered to work in institutions voluntarily, or at the lower institution rates. But it is probable that the real need will arise later. Close on a hundred Societies and Associations have applied for nurses so far for work at home.

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