

Courtesy demands that she should at once acquaint the Society or person with whom the engagement has been made, if for any unforeseen reason she is unable to fulfil it. Yet, constantly, busy Matrons are asked for interviews by nurses, devote time to seeing them, and take up their references on the assumption that if these are satisfactory the applicant will be prepared to fill the post applied for, only to find later that she has made several similar applications, and engaged herself elsewhere. This has been specially marked since the outbreak of war.

Our experience also proves that where nurses enter into an engagement for a definite term, and resign before it has expired, it is an astonishment and vexation to them to be required to return money expended on their travelling expenses, and given to them for uniform, on the assumption that they will serve for a definite period.

A Superintendent writes to us this week :—

"I take this opportunity of drawing your attention to the way in which fully trained nurses are at present behaving with regard to engagements, and shall be glad if you can do anything to better the matter by making it known through the JOURNAL.

"I have, on five different occasions, engaged nurses from amongst those who have replied to my advertisements, and in each case, after waiting two or three weeks for them, have received a wire at the last moment saying they were unable to come. In only one case was a letter of explanation sent."

Such behaviour is unpardonable, and if engagements are entered into in writing, as they always should be, the injured person should be able to obtain redress. But it is a stain on the escutcheon of our profession that some of its members should not have a higher conception of their obligations.

Food values and cooking often make all the difference between health and sickness, and in consequence, whether life is worth living or not, and nurses, especially social workers, should take every opportunity of learning all they possibly can on this all-important subject. The National Health Food Reform Association is doing really patriotic work, and providing facilities for special training and demonstration lectures in practical economic cookery. With the increased cost of living, it is absolutely necessary that everyone should know how to get the best return for their money.

The "Pudding Lady," Miss Florence Petty, is up and doing, and her coming course of instruction in eight lessons, as arranged in the following syllabus, begins on Monday, February 14th, at 60, Greek Street, Soho, at 2.45 p.m. :—

#### SYLLABUS.

1. *Demonstration*—Lentil stew with dumplings, cabbage, wheatmeal bread.  
*Talk*—Importance of food.
2. *Demonstration*—Haricot roast, Yorkshire pudding (without eggs), porridge.  
*Talk*—Wise choice of food, or how to secure a well-balanced meal.
3. *Demonstration*—Fish soup, sea pie, potatoes, baked bananas.  
*Talk*—Importance of cookery.
4. *Demonstration*—Semolina cheese, pulled bread, barley broth, apple and sago.  
*Talk*—Menus and their cost.
5. *Demonstration*—Pea soup, tasty herrings, artichokes, oatcakes.  
*Talk*—Diet in special cases.
6. *Demonstration*—Nut roast, tomatoes, treacle tart, wheatmeal bread (without rising).  
*Talk*—Care of the teeth.
7. *Demonstration*—Polenta, vegetable curry, fish for invalids.  
*Talk*—Class of homes.
8. *Demonstration*—Bread and cheese savoury, summer pie, celery cheese.  
*Talk*—Summary.

Fees : Course of eight, 5s. ; Single lecture, 1s.

### NATIONAL UNION OF TRAINED NURSES.

The Bath Branch of the National Union of Trained Nurses held its Annual Meeting on January 31st at Fortts Room, Bath, by the kind invitation of Miss Manning. The Committee, officers and representatives were re-elected for the current year, a special vote of thanks being passed to the Honorary Secretary, Miss Terry, for the zeal and ability with which she had conducted the work of the Branch. Miss Terry presented the Report, and stated that the Branch has now 99 members, therefore only missing by one the right to send two representatives to the Central Council.

Miss Murlis presented the Financial Report, and the adoption of both reports was proposed by Miss Gaskell, seconded by Miss Cherry, and carried. Both Miss Gaskell and Miss Murlis expressed the opinion that it was most desirable to place the Union on a sound financial footing, and they felt sure that all Bath members would wish to take their share in supporting the Central

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