

I have used it for more than twenty years in India in the fevers of the country, indigestion, nervous debility from malaria and other depressing causes, and consider it the best of the many fine tonics India produces.

Its first botanical name was *Agathotes* (*αγαθος*, good), and its present one is *Ophelia* (*οφειλειν*, to bless; a blessing to the people for its medicinal virtue), showing in what estimation it was and is held.

Unlike quinine, it never causes any ill effects, and acting as well, it is thus a most useful substitute for it in malaria, and far superior as a tonic, in my opinion. It is fast growing in favour with the profession at home—*e.g.*, Sir Wm. Moore, Hon. Physician to the Queen, testifies to its merit in the *Lancet* of Jan. 10; and it is a splendid restorer in convalescence—hence my letter.—I am, Sir, yours faithfully,

G. YEATES HUNTER,

Late Brigade-Surgeon Bombay Army.

48, Philbeach Gardens, S. W.

REPLIES TO CORRESPONDENTS.

Sister Mary.—We hear that there are at present from forty to fifty so-called Private Nursing Homes in London, and that half the number have sprung up within the last two years. This competition must necessarily lower the terms of these Institutions, and at the same time, as a few of them are conducted on a most liberal scale, it is useless to begin with a low standard. Unless you have plenty of capital and a large *clientèle* of medical men to support you, we fear you would find the result disappointing. We quite agree with you that it is unjustifiable of any woman who is not a thoroughly trained and experienced Nurse to attempt to superintend a Private Nursing Home, and we only wonder that Institutions worked by people such as you mention are patronised by qualified medical men.

Nurse Jane Adams.—The fee is ten shillings and sixpence. Write to the Secretary, 8, Oxford Circus Avenue.

Mrs. Gray.—Try St. Bartholomew's, Guy's, or Middlesex. In all, the tone is liberal and rules just. Considering recent revelations of Hospital scandals, you cannot be too careful in selecting your field of work.

Mr. Bateson.—The Nurses' Co-operation Association is worked on very much the same lines as the London Association of Nurses, 123, New Bond Street, only at present it can afford to charge a smaller percentage on the Nurses' earnings, as it receives donations from the charitable public towards its expenses. When this element of charity is eliminated from the concern, and it is simply competing on business lines with other Institutions, the scheme will doubtless require more from its employées. But it ought to succeed well, as the London Association of Nurses has succeeded. No one can have attempted to show up the iniquities of the Nurse sweeter more determinedly than we have, and with the success of co-operation amongst Nurses, her disappearance is certain. It will be universally recognised amongst Nurses that this latest departure is the direct outcome of the success of the R. B. N. A.

Country Matron.—We are strongly in favour of pink as a colour for Nurses' uniforms; it looks fresh and cheerful, and washes well. Caps, with strings tied under the chin, are also indispensable.

Fair Play.—The Report for 1890 will shortly be obtainable, and the public will learn what profit has been made out of the earnings of the Private Nursing Staff. In 1889 it was upwards of £1,200.

COMPETITIVE PRIZE ESSAY. TWENTY-FOURTH 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, not later than Saturday, April 11th, 1891, 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.

The "Nursing Record" POST-CARD EXAMINATIONS. No. 16.

A Book or Books of the value of Five Shillings will be awarded to the best answer to the following question, addressed, "Nursing Record Post-Card Competition," St. Dunstan's House, Fetter Lane, E.C. All answers to this question to reach us not later than the morning of Saturday, March 21st, 1891:—

"Describe the best method of making Lemonade."

(a) The answer must be written (neatness and distinctness count to credit) in ink, on a *thick* post-card, with the full name and address of the candidate at the *top*. The successful candidate's answer will be printed in *fac-simile*.

(b) All associated with nursing work are accepted as candidates, but in case of a "tie" a subscriber will naturally have preference, and for this reason each candidate must mention at the *bottom* of the post-card "I am a subscriber," or "I obtain the NURSING RECORD from—"

(c) The decision of the Examiners to be final.

* Give name and address of newsagent where obtained.

— NOTICES. —

Communications relating to the Literary Department, Books, Pamphlets, &c., for Review, &c., must be addressed to the Editor of the NURSING RECORD, St. Dunstan's House, Fetter Lane, London, E.C. The Editor will not undertake to return rejected MSS. unless accompanied with a sufficiently stamped addressed envelope.

Correspondents are requested to write on one side of the paper only, and give their real names and addresses, not necessarily as signatures to their letters, but as a guarantee of good faith. Unless this rule be strictly adhered to, no notice will be taken of such communications.

Communications from all parts of the country are cordially invited, and liberal arrangements are made for reprints of original articles, and for such illustrations as serve to increase their value or interest. Reports of Nursing Vacancies, Appointments, Meetings of Societies, &c., and Newspapers, &c., containing (marked) accounts of matters of local or personal interest or importance, will be gladly received. Correspondence upon all subjects associated with Nursing specially invited.

The NURSING RECORD is published every Thursday, and can be obtained at Messrs. W. H. Smith & Son's Railway Bookstalls, and of the principal Newsagents in London and the Provinces.

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