

as taking highest honours in the examination ; afterwards deciding that Nurse Edith, whose card we reproduce, had secured the prize of a book or books of the value of five shillings :—

Nurse Edith
 18 Scarborough Road
 8 Trond Green W.
 Jan. 23rd 1891
 Take forruyer,
 spatula linseed, tow,
 boiling water. Pull out
 the tow to make an
 even foundation, put
 boiling water in forruyer
 (which should be swathed
 as well as spatula)
 Sprinkle in linseed till
 the poultice is the right
 consistency, stirring
 quickly all the time.
 Spread on tow & apply hot.
 I obtain "The Nursing Record"
 from Smith's Railway Bookstall.

SISTER ELLA :—

Before you begin, have everything needed ready to hand, with two hot plates and basin. For poultice of usual size, half fill basin with boiling water, sprinkle meal gently in, then thoroughly and quickly stir all together. Spread about half inch thick on either tow or flannel, as both keep a poultice lighter than linen or muslin. Make edges tidy ; drop some carbolised oil on to preserve the skin ; put between hot plates and carry to patient.

MISS EMILY SANDERSON, M.B.N.A. :—

Warm as much crushed linseed as required before the fire ; scald a basin ; lay a folded piece of flannel on a large heated plate ; then with the left hand sift the crushed linseed between the fingers while mixing it into the water smoothly

until the proper thickness ; spread it on well-pulled-out tow or linen rag (which must be previously placed on the flannel in the plate) half an inch thick ; when on the patient, cover over with a large piece of oil silk, to keep in the heat.

MISS FLORENCE SHEPPARD :—

Tow should first be pulled out, then boiling water poured into a previously-warmed basin ; add gradually a sufficient quantity of linseed meal to form a thick paste, stirring it all the time. Spread quickly on the tow, and turn over the edges to form poultice into shape. If it is to remain on many hours, a little ointment or olive oil may be mixed with the meal. Apply as warm as it can be borne.

DR. HEYWOOD SMITH, M.B.N.A. :—

Scald a basin, pour in of boiling water a sufficiency, then add the linseed meal, gradually stirring all the time until the proper consistency is arrived at. Turn out on to tow or linen rag and smooth with a hot knife, and apply as hot as can be conveniently borne.

The following received "honourable mention" :

Miss M. B. Thomson.
 Sister Louisa Young.
 Mrs. S. Duyck.
 Miss Francis Webster Wedderburn.
 Miss Ada Tyson.
 Miss Ellen Buckland, M.B.N.A.
 Miss Clara Gaggars.
 Miss Stapley.
 Miss Carless, M.B.N.A.
 Nurse S. Nicholls.
 Miss E. Watkins, M.B.N.A.
 Miss Bertha Mason.
 Miss Rose A. C. Conway, M.B.N.A.
 Mrs. Core, M.B.N.A.
 Miss Clayton.
 Miss Day.
 Miss C. Clarke.
 Miss Jennie Stone.
 Miss Minnie Chapman.
 Miss L. Hern, M.B.N.A.
 Miss Rose (Nurse).
 Miss Alice Robson.
 Miss Helen Bennett, M.B.N.A.
 Miss Frances Malton, M.B.N.A.
 Miss Weedon.
 Miss Fannie Simmons, M.B.N.A.
 Miss Clara Mitchell.
 Nurse Bracewell.
 Nurse Burr, M.B.N.A.
 Miss Janet A. Histed.

Several were disqualified for disregarding rules.

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