

with which it comes up; whether it is watery, or thick and viscid; the colour; whether it sinks in water; whether it is frothy and mixed with air; whether it is streaked with blood; and whether it is intimately mixed with blood. Don't apologise; we are only too pleased to answer your questions, and be of use to Nurses.

Miss Garnett.—Milk tea is useful. Pour boiling milk on some good tea, strain, and use hot or cold. As you live so far in the country, we should advise you to set up a Nursing cupboard, containing lint, cotton wool, oil silk, sticking plaister, Lester's strapping, bandages, open wove and flannel, a waterproof sheet, linseed and olive oil, lime-water, linseed-meal, mustard, turpentine, paregoric, ipecacuanha wine, sal volatile, opium, castor oil, vaseline, carbolic acid lotion (one in twenty), spongio-piline, carbolic soap, feeder, ounce and minin glasses, clinical and bath thermometers.

Obstetric Nurse.—Get "Gynæcological Nursing," by G. B. Hellier; price one shilling and sixpence.

General Practitioner.—St. Bartholomew's, University College, and the Middlesex Hospitals send out only three-years' Trained Certificated Nurses; so that you will be quite safe in recommending them to your patients; they also treat their Nurses in a just manner, giving them a percentage on their earnings, besides a fair, fixed salary, with in and out-door uniforms. We are glad to see from letters we receive that the medical profession are taking such a deep interest in the question of Nursing reform, and hope in time they will combine to employ only thoroughly trained, registered Nurses in private houses, and who, to a great extent, receive the remuneration their labour is worth. "Nurse farming" would thus soon become impossible.

Mrs. James (Bath).—All diabetic dietary can be obtained from Bonthron and Co., 106, Regent Street, London, W. Send for price-list.

Chairman.—We should recommend the "Lawson Tait" spring bedstead. They are made by S. B. Whitfield and Co., Birmingham, and are used in Mr. Lawson Tait's Private Hospital.

Miss Ella Gadsby.—The Nurse's dress should be such as not to interfere with her duties. All frills and adornments which are likely to be in the way had better be omitted. Washing fabrics are best. All rustling or otherwise noisy material are out of place. A daily bath is a necessity, and under-linen should be frequently changed. Get a pair of "Ward Shoes" from Parker and Co., 145, Oxford Street. High heels should be positively excluded from the sick room, and elastic-side boots should be avoided, as they cause the feet to swell. Bed-sores are most likely to occur when the vital powers are low, as towards the end of a tedious fever, or when the nutrition of the part is defective, as through paralysis.

Willesden.—Our correspondent, who is thanked for her kind expressions, has, we fear, no legal grounds to substantiate the claim she mentions.

"The Nursing Record" POST-CARD EXAMINATIONS.

No. 32.

A Book or Books of the value of Five Shillings, or Two Pairs "Gregg's" Kid Gloves, will be awarded for the best answer to the following subject:—

"What is the Nursing Treatment in a Case of Croup?"

Address "The Nursing Record Post-Card Competition," 11, Ludgate Hill, London, E.C. All answers must reach us not later than the morning of Saturday, January 2, 1892.

TO NURSES, STUDENTS, and all those who take Notes.

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16, Holborn Bars, E.C., which retails at 4s. 6d. This we have found to be of excellent finish and enduring quality, not 'made to sell,' but made to serve, while being within reach of many who cannot afford to pay a higher price."—Extract from *The Christian*, of August 19th, 1891.

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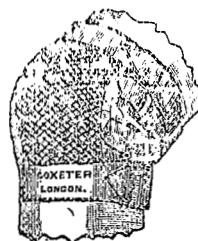
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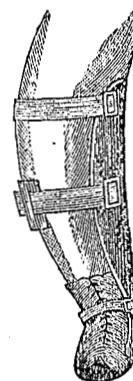
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