

trained woman are worth a great deal if she be encouraged to pursue her course uninterruptedly with the same seriousness and earnestness that a man is expected to show in his chosen vocation. Very few women realise this, and I am most anxious to impress on my young readers who desire some scope for their energies and their knowledge, such as it is, that they cannot serve two masters, and certainly cannot successfully earn an income if their attention and thoughts be divided between work and play, with probably an undue share of the latter. When this is the case, nothing is ever done well, and nothing is thoroughly enjoyed.

\* \* \*

"FIRST of all, consider well and decide what branch of honourable work you prefer to take up; then qualify yourselves for it thoroughly, and regard the necessary time and money expended in the process as well spent. Having learnt all you can, as a cook, a nurse, or hygienist, find out where your knowledge is wanted, and what terms you may hope to make at first as a beginner, and then stick to your work and develop it to the utmost. In this way only can you ever expect to be a success, or to become anything but a *dilettante* sham, commanding neither money nor respect."

\* \* \*

NURSES who are interested in days off, will be glad to hear that, thanks to the energies of the Victoria Steamboat Association, one can now anticipate the pleasures of another and different trip by water. The company have been arranging for a series of nine of these trips to Herne Bay (independently of their many other excursions) by the ever-favourite steamboat, "Glen Rosa," which quite recently has been thoroughly re-decorated. She will leave the Old Swan Pier, at ten a.m., on Saturday, the 8th of August, and the two consecutive days following; then again on the 22nd, 23rd, and 24th of the same month; the last three taking place on the 5th, 6th, and 7th of September. For those, for whom it might be inconvenient to start from London, it may be advantageous to know that these boats have been arranged to call at Greenwich, Blackwall, Woolwich, Gravesend, and Southend, then to Herne Bay, where a two hours' stay will allow the passengers to give a cursory glance around this pretty and much-frequented holiday haunt. This, I am sure, like all other excursions of the Association, will have everything arranged that is conducive to the comfort, happiness, and ease of

PARADOX EXTRACT OF MEAT AND MALT BISCUITS (Patented) are a boon to Nurses and Invalids. The *Lancet* says: "We agree that these Biscuits are rich in bone-forming materials." In 1s. tins. Write to Thorp and Co., Glossop, for sample and particulars. Special quotations for biscuits in bulk to Hospitals, &c.

[6]

their passengers, besides their having put it within the reach of almost all, the return fare costing but five shillings.

\* \* \*

A MEETING was held at the Parkes Museum, 74A, Margaret Street, Regent Street, W., on Saturday, July 25, at three p.m., at which H.R.H. the Duchess of Albany, Patroness of the Institute, graciously presented the certificates awarded in connection with the lectures on Domestic Hygiene. On Thursday, August 13, from three to five p.m., the Council will receive, at the Museum, the Members of the International Congress of Hygiene and Demography. S.G.

### INVENTIONS, NOTICES OF PREPARATIONS, &c.

BING'S LAVENDER WATER.—This perfume is evidently most carefully manufactured, and possesses an especially delicate aroma. It is made by Messrs. E. Bing and Son, of Canterbury, who both grow and distil the lavender flowers themselves, thus ensuring a perfume so far unequalled by any other that has been placed in our hands for testing or analysis. The delightful fragrance of this lavender water specially qualifies it for use in the sick room, a teaspoonful placed in the hand-basin or in the toothbrush tumbler being particularly refreshing. In bottles, 1s. 6d., 2s., 2s. 6d., 4s. 6d., and 8s. 6d.

BING'S LAVENDER SOAP, by the same manufacturers, is a neutral, skin soap, made on the basis recommended by the late Sir Erasmus Wilson. It is perfumed with Bing and Son's Extract of Lavender Flowers, and, after use, leaves a soft and pleasant feeling of the skin. This soap appears to be entirely free from spirit, which, in transparent and highly-perfumed soaps, renders the skin dry and harsh. It is sold in tablets, 6d. each, or in boxes of six tablets for 2s. 9d., by post, 3d. extra. The same firm also makes Bing's Lavender Salts, 1s. and 2s. per bottle, by post, 3d. extra.

BIRDCATCHER BRAND TABLE SALT, manufactured by the Hartlepool Salt and Brine Co., Greatham (R.S.O.) County Durham, is put up in patent cardboard "drums," parchment-lined to exclude moisture. In 1lb., 1½lb., and 2lb. sizes. Experts have already pronounced this salt as being some of the purest and best at present made, and the large sale it has attained verifies this. The works are situated in the open country, clear of all smoke and dust, and the manufacturers are

[previous page](#)

[next page](#)