

rough-and-ready cook of the large Hospital kitchen is capable of. The rougher work, such as the cutting up of the meat, &c., might be done in the large kitchen and then sent to the diet kitchen to be skilfully manipulated by Nurses and Probationers who could appreciate the pleasure their good beef-tea and nicely-flavoured dishes would bring to the weary sick patients in the Wards. The kitchen should be in charge of a lady properly trained and certificated in cookery, especially in the branches applying to the sick, and who would take her place as a supplementary Home Sister. Her assistants would be the Nurses, and who might during their training serve one, two, or even three months' apprenticeship in the kitchen, and so very usefully extend their knowledge of the needs of the invalid as relates to an important point towards his recovery—the kind of food he gets and how it is cooked. SHAMROCK.

How to Spend a "Day Off."

"TIME and tide wait for no man." This I thought on my last "day off," when at 9.30 a.m. I fortunately found myself comfortably seated in the *Clacton Belle* steamboat, awaiting the fulfilment of my expect-

tation of a glorious day, which I afterwards fully realised. The well-known and favourite steamers, the *Woolwich Belle* and the *Clacton Belle*, the property of the Woolwich and Clacton Steamboat Company, 33, Walbrook, leave Fresh Wharf, London Bridge, for Clacton, at 9.30 every morning during the season, and the return fares are only four shillings and sixpence and five shillings and sixpence, according to class.

I give this information in order that those of my Nursing Sisters who wish to follow my example need take no further bother in finding out particulars.

The morning was a glorious one, but would have developed into an almost overpowering hot day had it not been for the deliciously fresh breeze that we all so keenly appreciated and felt, as we wended our way down the Thames and turned the different corners *en route*. The Thames, with its many surroundings of note and interest, will be all more or less familiar objects to our readers; but since our trip last year in this direction, we could but note the progress in the erection of the new Tower Bridge, and contemplate what an imposing sight it will be when finished. For the convenience of passengers, the company had arranged for the steamer to call at Greenwich, Blackwall, South Woolwich, and

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The Training School for Nurses and Private Nursing Institute is at 67, Welbeck Street. Some former Students are earning from £100 to £400 a year. Masseurs and Masseuses sent to Patients' houses; or Patients can be treated at the Institute, by Massage and all forms of Electricity, and allied Methods. Nurses trained at St. Bartholomew's, Guy's, and other London Hospitals sent to Medical and Surgical Cases; and Nurses are invited to enter as Members. Ladies and Gentlemen required as collectors for the Samaritan Department upon Liberal Terms. The Fifth Yearly Session for instruction has resumed.

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