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Means Double-Sure Protection

**Cotton
Gauzes
First Aids
Fumigators
Adhesive Plaster, Etc.**



Our Deadliest Enemies Are Unseen Germs—Be Careful

It isn't the cut that you have to fear—nor any ordinary wound. It's the chance of germ infection.

What will you do?
Are you ready, in the right way, for such accidents?

You need Absorbent Cotton.
You need Bandages and Gauze.

You need Adhesive Plaster.
But the Cotton and Gauze must be utterly sterile. Else you might as well use any chance piece of cloth.

The way to be sure—to be double-sure—is to use only B&B dressings. B&B Cotton and Gauze are twice sterilized—once after being sealed. B&B "Arro" Cotton and Handy-Fold Gauze are put up in germ-proof envelopes—many in a pack-

age—to keep safe until you use them.

B&B Cotton also comes in a Handy Package. You cut off only what you use. The rest remains untouched.

B&B Adhesive

B&B Zinc-Oxide Adhesive sticks without wetting. It stays fresh. It sticks to anything dry, and stays stuck. So it has a thousand uses. You can mend anything with it from lawn hose to golf clubs. It clings to metal, rubber, wood, glass or cloth.

B&B Fumigators

B&B Formaldehyde Fumigators are given twice the usual strength. And safety needs it.

You can get these Double-Sure products by insisting on B&B. When we take so much pains to protect you, don't you think it worth while?

Always call the doctor—remember First Aid is only first aid.

BAUER & BLACK, Makers of Surgical Dressings, Chicago and New York

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Double-Sure Products
Absorbent Cotton, Adhesive Plaster
Bandages, Gauze, Fumigators, Etc.
At All Druggists



HOW TO TRAIN FOR THE NURSING PROFESSION

Practical Information Concerning Training Schools, and Suggestions on the Choice of Special Courses

By CLARA CROSS

IN MANY lines of business there are thousands of women working for small salaries, who have no prospect of larger earnings. Undoubtedly many of this class, passing the best years of their life under restricted conditions, could, if they reached out into larger fields with a wider horizon, secure greater remuneration than there is any hope of receiving under present limitations.

Numbers of women are capable of training and of becoming professional nurses, and thousands would begin training tomorrow, if they but knew how to go about it. It is to these young women especially that this is addressed.

The Choice of a Training School

THERE is plenty of opportunity for every one, since every woman of average intelligence, who can read and write, may become a successful nurse. Every large city has fully equipped modern hospitals, prepared to give a three years' course of training to women desirous of becoming professional nurses. In some instances the course is only two years, but in most of the good institutions three years is the accepted rule. But here comes the question: "Which of all these is the one I want?" To secure the highest degree of proficiency, and hence the largest earning capacity, a little thought is necessary. First, find out exactly what branch of the profession you are best suited for. There may be a predilection for midwifery, surgical nursing, contagious diseases, children, or general hospital work.

Each branch has its own special requirements. It is obvious that the woman who undertakes the care of children must know something of them, and of their ways of expressing their feelings and wants. A nurse may be entirely satisfactory for adults, but practically useless in caring for children. Besides tact and plenty of patience, a certain sympathy that children are always quick to notice and appreciate is necessary. Again, it is not always easy to recognize the signs of suffering, or to assign the proper cause; but much may be discovered by careful attention. An infant makes known its wants and gives expression to its feelings of distress chiefly by crying. The cry is often characteristic; and a nurse in charge of small children should, at the very commencement of her work, learn to distinguish between the wail of hunger and the sharp agonizing cry of colic—that frequent disorder of childhood.

THE woman who intends to devote her attention to contagious diseases must be keenly observant, since it is her duty, in private practice, to notice the effects of any remedies prescribed, during the intervals between the doctor's visits. This is especially important where strong medicines or poisonous drugs are being administered. It is often wise to push the action of these to their fullest extent, in order to control the malady. A watchful nurse will be able to tell whether progress is being made, or whether her patient is getting worse, and to recognize some of the more important symptoms which denote the development of complications, and the peculiar effects of some medicines on susceptible patients. In addition to this, she should have some knowledge of human nature and the course of some special diseases.

The nurse who decides to make midwifery her life work must be self-reliant, as she often must act on her own initiative. She must be of a sunny disposition, because it is absolutely necessary for her to gain the confidence of her patient, and to be able to soothe and keep her quiet. She must be prepared to forsake her bed in the middle of the night to attend to her patient. In fact, there is no branch of the profession in which a woman can be so valuable.

Surgical nursing calls for good steady nerve and a large amount of self-confidence. While others are standing round dazed and helpless, the nurse's presence of mind must not desert her. She must know the right thing to do and proceed to carry it out in a cool, collected manner. The duties of a nurse in the operating room are many and varied. She prepares the patient for the operation and must be attentively on the lookout while it is proceeding, ready with anything that may be

required by the surgeon. Her work includes the sterilization of the instruments, the preparation of antiseptic solutions, ligatures and dressings, and the responsibility of rendering surgically clean everything in the room that is likely to come in contact with the wound. After the operation she is left in charge of the patient. Then, of course, she receives definite instructions from the surgeon as to the management and diet of each particular case. Good surgical nurses are always in great demand, and command a large salary.

For the woman not especially adapted by nature for any particular branch, or who does not care to specialize, a good general hospital training is the most suitable. There the instruction includes a thorough course of practical work in the various departments, clinics and demonstrations at the bedside, class work, and a regular course of lectures. Should she decide afterward to take up some particular subject to the exclusion of all others, she can enter another hospital, at the expiration of the term, for a six months' post-graduate course.

IT is sometimes wise to consult your doctor; he will be glad to talk it over with you. Then, having decided what branch of the profession you are best fitted for, select a hospital in your city devoted to that kind of work, and address a letter to the Supervisor of Nurses. Don't write a long rambling letter; make it terse and to the point. Simply say that you are desirous of becoming a professional nurse, and would like to be admitted to the training school attached to that particular hospital. In a few days you will receive a printed form of application, which must be filled in and returned as soon as possible. It will read as follows:

Questions to be Answered by the Applicant

Name in full and present address.
What is your present occupation?
What was your age last birthday?
Height. Weight.
Are you a single woman?
Are you strong and healthy, and have you always been so?
Would you be free for three (some forms read two) full years, if accepted?
Your educational advantages.
Have you any physical defects?
Have you ever been in a hospital training school before; if so, where, when, and for how long?
Give names and addresses of two persons who can be referred to. State how long each has known you. If previously employed, one of these should be your last employer.

NOTICE:—These questions must be answered in the applicant's own handwriting, and are to be returned with the required testimonials to the Supervisor of Nurses, Hospital.

If you are accepted, you will be notified, and a date will probably be assigned for you to report. You will also receive a list of things which it is necessary that the probationer be supplied with. These will be arranged after the following schedule:

Requisition for Pupil Nurses

A good supply of underwear.
Comfortable, easy-fitting boots with rubber heels.
6 plain white aprons, with wide bands.
2 plain dresses, (at least) the skirt and waist of the same material.
These should be of cotton, alpaca, or some washing material of light color.
The nurse must never wear rustling dresses nor creaking shoes.
2 laundry bags of ample size.
A watch with second hand.
1 pair of scissors.
The text book of the school, (this is mentioned by name.)
All clothing must be clearly marked with the owner's name in full.

General Information

THE most acceptable age is from 20 to 35.
If approved, the applicant is received into the training school for three months on probation. This is done with the object of giving her a chance to find out if she be fitted for the work. Should she
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HOWEVER, Ostermoor quality at the familiar price of **\$15.00** has now become **utterly impossible.** The constantly-increasing cost of **all** materials used in manufacturing the Ostermoor Mattress has compelled us either to lower the Ostermoor standard, —or to increase the price. The former is unthinkable, and is not desired by the public; therefore, we are taking the other course.

On and after August 1st, the Ostermoor Mattress sells at \$18.

You willingly pay \$18 for a labor-saving device or a home comfort; then why not for an evenly buoyant, sanitary Ostermoor Mattress that will give you a **lifetime** of the refreshing sleep comfort so vitally important to health?

You can buy this Mattress only at an Ostermoor dealer's. You can always identify the genuine Ostermoor by the binding around the edges similar to the border round this advertisement.

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