

roundings), that may have got into the milk. The stench that arises from the odours caused by this simple system of purification reveals what horrors the improperly-produced and wrongly-handled milk contained, and how absolutely necessary it is that they should be quickly expelled when the milk is warm from the animal, and before such impurities become condensed into it. An acquaintance of mine recently discovered both his morning and evening supply of milk to be putrid and drugged. The drug had concealed the state of rottenness in his milk supply; but litmus paper, turning red when dipped into the milk, revealed unnoticed fermentation, while heating the milk by boiling revealed the putridity, by the foul odours that emanated from the milk and offensively permeated all over the house. I fear a great deal of the milk sold in outlying districts, slums, &c., is of a like stale and putrid character.

I am, dear Madam,
Your obedient servant,
A. ROBINSON.

"Crosby," 51, Thurlow Park Road,
West Dulwich, S.E.,
September 15th, 1902.

Comments and Replies.

Ward Sister.—If you are thinking of visiting Berlin in 1904 at the time of the meeting of the International Congress of Women and the International Council of Nurses, you would certainly be well advised to take lessons in German if you have the opportunity. A visit to any country is far more interesting when one understands the language of its people.

Private Nurse.—In making melted butter two great secrets of success are to stir it very quickly during the thickening process, and then, when it is sufficiently cooked, to stir in some fresh butter just before serving. A nice way of cooking such fish as sole or plaice for a convalescent is to enclose it in a piece of well-buttered paper and bake it. This method preserves the juices, and the fish when cooked is nourishing and delicious. Served with well-made melted butter, sprinkled with finely-chopped parsley, it is tempting and also generally much appreciated.

State Registration.—Registration of Trained Nurses in this country may be slow of attainment, but that it will be enforced eventually is an accepted fact amongst those who have studied the question from an historical standpoint. In the natural evolution of things it is bound to come. We have only to note the spontaneous movements towards the same point in this country, in the United States, in South Africa, in Australia, and in New Zealand, to know that in those countries where legal status has not yet been granted to nurses the question of the accordance of such status is only one of time. But we must work, so that this time may arrive as soon as possible.

Certificated Nurse.—The employment of feathers in clearing a tracheotomy tube has now been generally discarded. It is almost impossible to cleanse them efficiently, as the term is now understood, and there are other disadvantages connected with their use; they are very liable to irritate the trachea, and it is not unknown even for broken pieces of feather to be lodged in the trachea.

Three Years' Certificate.—To a well-trained nurse, with a love of humanity and a strong constitution, district nursing work is most congenial. It also affords much opportunity for usefulness in teaching the elements of hygiene, sanitation, and the laws of health.

Notices.

CONTRIBUTIONS.

The Editor will at all times be pleased to consider articles of a suitable nature for insertion in this journal—those on practical nursing are specially invited. The Editor will also be pleased to receive paragraphs, such as items of nursing news, results of nurses' examinations, new appointments, reports of hospital functions, also letters on questions of interest to nurses, and newspapers marked with reports of matters of professional interest.

Such communications must be duly authenticated with name and address, not necessarily for publication, but as evidence of good faith, and should be addressed to the Editor, 20, Upper Wimpole Street, London, W.

A HELPING HAND.

The Editor will be greatly obliged if regular subscribers who receive an additional copy of this journal, will pass it on to some friend who is likely to be interested in the aims of the journal, and also if they will encourage their friends to become subscribers.

OUR PRIZE PUZZLE.

Rules for competing for the Pictorial Puzzle Prize will be found on Advertisement page VIII.

Good Work.

PROPER FOOD MAKES MARVELLOUS CHANGES.

Providence is sometimes credited with directing the footsteps by so simple a way as the reading of a food advertisement.

A lady says: "About two years ago I was compelled to retire from my school teaching because I was completely broken down with nervous prostration.

"I suffered agony in my back. My hands and feet would swell up at night. I was in a dreadfully nervous condition, irritable, with a dull heavy headache continually, had no appetite, and could not digest anything if I tried. I was unable to remember what I read, and was, of course, unfit for my work.

"Some said I had consumption, others said dropsy. One day, as if by providence, I read the testimonial of a lady whose symptoms were much the same as mine, and she told of how Grape-Nuts fully cooked cereal food had cured her, so I concluded to try it.

"I left off the old-fashioned breakfast, and began with Grape-Nuts, a little fruit and a cup of Postum Food Coffee. That was eight months ago, and I have steadily improved in both body and mind. Grape-Nuts has done more for me than all the medicine I have ever taken, and I am now well again and able to return once more to my school duties and able to do anything necessary in my work.

"My mind is clearer and my body stronger than ever before. Please do not publish my name." Name given by Postum Cereal Company, Limited, Temple Chambers, Temple Avenue, London, E.C.

[previous page](#)

[next page](#)