

always shut, and the odour of antiseptics, dinners, and bed-pans fill the tainted atmosphere, and the patients are perpetually headachy and without an appetite? They don't know, poor things.

But of course, on the other hand, the Sister of the ward must know her work. She must know the delicate feeble patient who requires a blanket next to him; she must be generous with her hot-water bottles, and see that they are filled regularly; she must keep up noble ward fires, to aid the ventilation as well as to thoroughly warm the ward. As to "Comfort at any Cost's" remarks about nightgowns, &c., I don't understand them. Flannel or flannelette nightgowns and shirts are usually provided—at any rate, in all medical wards—and jackets to wear when sitting up in bed, whilst surely it is only in the backwoods that there are no dressing gowns and slippers!

I have once or twice been in wards "scientifically ventilated by warm air." They remind me of the lines:—

"The air is heavy and close,
Like the air of a sick man's room."

Yours,

FRESH AIR AT ANY COST.

SHOULD SISTERS DIET THE PATIENTS?

To the Editor of the "British Journal of Nursing."

DEAR MADAM,—It seems to me that the question which has been raised in your columns, "Should Sisters diet the patients?" chiefly resolves itself into one of common sense. There must be a certain amount of flexibility, and the Sister must act on her own initiative at times. To give an example. It has been a busy morning, and several cases have been up to the theatre for operation. Dinner-time comes round, and the house surgeon, still occupied in the theatre, has not seen the patients since the operations have been performed. Is a patient who has had a serious operation to have the "full diet" which is on his board, and which has been ordered by the doctor? Certainly not. The Sister uses her common sense. It would be criminal neglect on her part if she did anything else. The doctor, secure in the knowledge that Sister knows her work, leaves matters in her hands. Then why, if a patient who is on a chop "fancies a bit of fish—it is more tasty like"—is a nurse to run about the hospital in search of the house surgeon to get his board altered before he may have it? To-morrow he may return to the chop with gusto. Surely if an experienced Sister is in charge of the ward some discretion in dealing with the fads of sick folk should be left to her. As a matter of fact, it is.

Yours faithfully,
MATRON.

Comments and Replies.

Miss Penrose.—We do not advise you, however tempting the offer may be, to enter any hospital in which you cannot obtain a three years' certificate of training after examination and three years' work in the wards.

Superintendent, Nursing Home.—We agree with you that injury is done to well-managed nursing homes by the scandals which occur in connection with those which are badly conducted, as the public do not discriminate between the two. We think all such homes should be licensed and inspected. Such a measure would be welcomed by the proprietors of efficient homes, and would act as a deterrent in other cases.

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.

Learn How

TO FEED YOURSELF SKILFULLY.

It is easy to use good food and get well and keep that way, but a person must go about it in the correct way.

A lady says, "I had a dreadful time of it before I learned how to feed myself properly. I suffered with stomach trouble for about ten years, and finally got so bad that terrible pains would set in, followed by nauseating sickness.

"Sometimes I was troubled with acute flatulency, and would have to lie flat on my back. I finally got so bad that I vomited everything I ate, and, of course, I lost weight and strength very rapidly. I became pale. Blood was out of order, and I looked like a skeleton finally.

"One day neuralgia set in in the stomach and liver, and I came near death's door. I got so bad that even warm water was thrown off the stomach, which would hold absolutely nothing until I began taking Grape-Nuts fully-cooked cereal food in small quantities.

"My father had been accustomed to Grape-Nuts and knew of the value of the food and began giving it to me. I immediately began to improve, and the stomach retained the food and digested it. I gradually grew well again, and now I can eat a hearty dinner of almost anything. I have gained 2 st. 2 lb. in weight. My brain is clear, skin beautifully white, and my eyes as bright as crystal, where I used to be sallow and with lack-lustre eyes. I owe everything to Grape-Nuts. Please do not publish my name." Name given by Postum Cereal Company, Ltd., Temple Chambers, Temple Avenue, London, E.C.

Grape-Nuts is sold in 7d. packets. Each packet contains a booklet giving recipes for many delightful dishes. Grape-Nuts is served dry with a little cream or rich milk, and being fully cooked at the factory is ready for instant serving.

[previous page](#)

[next page](#)