

have been introduced to a mother who desired to dispose of her child at its birth by means of an advertisement in the columns of the *Hospital*. Surely advertisements of this type should be excluded from a journal which professes to cater for an honourable profession. Everyone knows what they imply, and most reputable journals, as the *Morning Leader* points out, decline to insert advertisements "known to be of a fraudulent and objectionable nature." Some even notify that amongst the class of advertisements "which for the above or other reasons are omitted" are those dealing with the "Adoption of Children." Presumably in a paper edited by non-professional persons dividends are more important than a nice sense of professional honour, which, of course, they cannot be expected to appreciate.

I am, dear Madam,
Yours faithfully,
NOBLESSE OBLIGE.

Comments and Replies.

Certificated Nurse.—You ask when we are "going to get registration." The question is one which can only be determined by nurses themselves. When the public see that nurses realise the necessity for this measure, that they are united in demanding it, and are willing to make personal sacrifices to obtain it, they will appreciate the vital force which makes the demand, and we shall obtain it as a self-respecting body of professional women animated by a conscientious desire to safeguard the public welfare. If, on the other hand, nurses show themselves lacking in the necessary moral courage, the public will for their own protection sooner or later effect State registration of nurses without their assistance.

Scotch Matron.—Application forms for membership of the Matrons' Council may be obtained from the Hon. Secretary, Miss M. Breay, 7, Marlborough House, High Street, Marylebone, W. The next meeting for the election of members takes place in January.

Notices.

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.

Cecil Rhodes' Will

PROVIDES FOR PROPER FOOD FOR STUDENTS.

Cecil Rhodes in his late will left a bequest of £10,000 for the improvement of the high table for resident Fellows and tutors at Oriel College, Oxford.

"I am rejoiced to find that one millionaire has at last given some thought to the question of dietetics in educational institutions," says Elizabeth Cady Stanton, in the *New York Journal*.

"One of the crying evils in our schools, colleges, and universities is the bad system employed in feeding growing boys and girls.

"Students, above all other classes, need plenty of good, well-cooked food, and a happy state of mind in anticipation of their various meals.

"Dyspepsia is one of the common diseases among the literary classes, and the foundation for this prevalent ailment is laid in our colleges and seminaries. Of what avail is a knowledge of art, science, philosophy, and government when health is seriously undermined?"

All this comes from ignorance as to the kind of food element the body must have to supply the daily loss from brain work. Bacon, meat, potatoes, white bread, coffee, and tea absolutely will not keep a hard brain worker well. A food expert has made a perfect food for brain workers.

Not only in the schools but in the home should the food be looked after. The necessity of selecting food to supply proper nutrition to replace the daily waste of tissue of brain and nerves is of the greatest importance.

Grape-Nuts fully-cooked breakfast food is the ideal food for young and old who use the brain actively; the diastase of the grains being perfectly developed and the starch transformed into grape sugar in the most perfect manner.

In this condition, Grape-Nuts is ready to be quickly absorbed into the blood and tissue without taxing the intestinal digestive machinery. The phosphate of potash found in the cereals is retained, and this, with albumen, supplies the elements required to build the grey matter in brain and nerve centres.

Dr. Max Groszman, of New York City, recently called the attention of the Board of Education to the fact that "pupils of the defective class are apt to be weak, physically. Temporary aberrations are often mistaken for real defects, when they are only symptoms of physical growth, of indigestion, or other maladies. Indigestion has been responsible for more than one falsehood, and its cure has often been followed by a return to truthfulness."

In its predigested form, the daily use of Grape-Nuts for the cereal part of the meal, aids digestion, nourishes the body, tones up the nervous system, and quickens the mental faculties.

Tea and coffee should also be banished, for they unnaturally stimulate the brain and nerves so that proper nutrition is interfered with and they cannot get sufficient rest to take the food needed for the work they must do from day to day. For the morning beverage, Postum Food Coffee should be used in place of coffee or tea.

Let the daily breakfast, particularly at this time of the year, consist of Grape-Nuts and cream, a little fruit, a cup of Postum Food Coffee, some whole-wheat bread, and possibly one or two soft-boiled eggs. It is impossible to make one believe what a wonderful change in health, strength, comfort, and ability comes in ten days after leaving off wrong food and living on scientifically selected food.

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