

still perches on a pedestal. She has long since, thanks to his B.N.A. policy, "bitten the dust." Have we not seen her "dummy" in the dock as murderess, thief, drunken brawler, and co-respondent? There she stands as brazen as brass—dressed *cap-d-pie* in the trained nurse's uniform—describing herself as "a nurse" without let or hindrance, amiable legal luminaries taking her for the "real thing," and an unintelligent Press describing these criminals as "nurses." Can one wonder that the gullible general public, which swallows scandal with avidity, should hasten to believe that all nurses are a criminal crew, and so fight shy of them? So here goes—three shies a penny! They have all gathered sticks to hurl at her defenceless head. Talk of pedestal! Why, not only have they knocked the hospital nurse off her pedestal, but they have smashed the pedestal to smithereens, so that, unless Dr. Wood tramples on the mutilated remains, there is really no indignity left for him to offer to the sometime "fetish." Poor feeble fetish!

Yours truly,  
S. A. M.

#### THE ENGLISHWOMAN'S YEAR-BOOK.

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

DEAR MADAM,—There is a slight error in your kind and appreciative notice of the "Englishwoman's Year-Book" in the number for December 27th of your valuable paper. The price of the book is given as 5s.; it should be 2s. 6d.

I am, dear Madam,  
Faithfully yours,

EMILY JANES,  
Editor.

[The book is an excellent half-crown's worth.—ED.]

### Comments and Replies.

To our Readers.—Will all those kind appreciative readers who have sent us Christmas and New Year's greetings accept our best thanks for their good wishes. We specially value their expression of good will for the continued prosperity of the BRITISH JOURNAL OF NURSING, and venture to hope that they will continue to help to increase the usefulness of the Journal—by contributing to its pages and increasing its circulation.

Mrs. Craven.—The Report of the Departmental Committee on Workhouse Nursing is contained in two Blue Books. Part I. includes the Report of the Committee and a summary of its recommendations. Part II. contains the Minutes of Evidence taken before the Committee, that is to say, a verbatim report of the questions put by the Committee to the various witnesses, with their answers. These Blue Books, which are of value to all who are interested in the Nursing Question, may be obtained through any bookseller.

Nurse G. Surbiton.—We certainly advise you to obtain training in maternity nursing if an opportunity presents itself. Every nurse should endeavour to qualify herself in this important branch of her profession.

Private Nurse, London.—We should advise you to ascertain what your position in the Society will be before you decide to join it, *i.e.*, whether you will be a full member, with the professional dignity and privileges which such membership confers, or if you will merely be an employee of the Committee, with no voice in making the rules under which you work, and dischargeable at the will of the Committee.

### 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.

### Sour Bread

#### ANNOYED THE DOCTOR.

If you get right down to the bottom of your stomach trouble it is wrong food, and the way to correct it is not by drugs, but by using the right food.

A physician writes an instructive letter on this point. He says: "I am a practising physician, 45 years old, and about 6 ft. in height. When I began using Grape-Nuts last spring I weighed 10 st., was thin and poor, had a coating on my tongue and frequently belched wind or gas and small pieces of undigested bread or potatoes, which were very sour—in short, I had acid dyspepsia.

"I consulted a brother physician, who advised me to eat about four teaspoonfuls of Grape-Nuts at the commencement of each meal and drink Postum Cereal Coffee. I had been in the habit of drinking coffee for breakfast, and tea for dinner and supper. I followed the advice of my brother physician as to diet and experienced relief at once.

"Ever since that time I have eaten Grape-Nuts with sweet milk or cream each morning for breakfast, and I now weigh 11 st. 1 lb., and am no more troubled with sour stomach. I am very fond of Postum Food Coffee, and attribute my relief as much to that as I do to Grape-Nuts.

"Often when I am called out in the night to see a patient and on my return home I feel tired and hungry, I eat the usual quantity of Grape-Nuts before going to bed and then sleep soundly all night." Name given by Postum Cereal Co., Limited, Temple Chambers, Temple Avenue, London, E.C.

Grape-Nuts served with cream or rich milk makes a charming dish. Let the spoon take up cream and dry food at the same time; this furnishes an article that must be chewed, and thereby brings down the saliva, so essential to good digestion. A sprinkle of sugar can be added if desired.

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