

These three ladies have all been awarded the Royal Red Cross by the King for their services in the South African War.

Referring to fancy dress balls, the *Court Journal* says:—"There has been a melancholy lack of original creation, and the immortal Spanish Gipsy has been obliged to have a succession of Mephistopheles for partners. Hostesses when sending out invitations for fancy dress dances should draw up and enclose a black list of prohibited costumes; in this way only can the Spanish Gentleman, the Dresden Shepherd, and other worn-out personages be got rid of."

Might a mere nurse suggest that hostesses should add to their *Index Expurgatorius* "Grandmothers in male attire"?

ARMY NURSING SERVICE RESERVE.

### Comments and Replies.

*Certificated Nurse.*—We know of no better book for your purpose than Miss Dock's "Materia Medica for Nurses." It is published by G. P. Putnam's Sons, 24, Bedford Street, Strand, price 6s.

*Mrs. Johnson.*—We do not think your reasoning sound, as, if so, it would apply with equal truth to the profession of medicine, whereas the person would be bold who would affirm that the adoption of a minimum standard of medical education has been prejudicial to medical progress, or has reduced all practitioners to a "dead level of mediocrity." Experience has proved the exact contrary. The enforcement of a minimum curriculum for nurses will ensure that those who do not attain to it are not regarded as trained nurses, but it sets no limit to professional attainments beyond its requirements. Further, as every medical practitioner on the Medical Register is not personally acceptable to all patients, so with trained nurses, the personal factor will always come in. All that a Nursing Register can do will be to hallmark those nurses, with good credentials, who are judged competent by the Governing Body of their profession. The public will thus receive the assurance when they pay, and pay highly, for the services of a trained nurse that they get what they pay for.

*Maternity Nurse.*—Messrs. Welford and Sons, Elgin Avenue, Maida Vale, W., keep a herd of milch asses, and deliver to any part of the kingdom. We should advise you to communicate with them.

*Traveller.*—A wire-woven pillow is very comfortable for use in the tropics, where a feather pillow often seems intolerably hot.

*Mrs. Jennings.*—We should suggest your arranging the course of your daughter's education with a view to her probable profession in the future. It should thus include, besides a basis of general education, conversational knowledge of at least one foreign language, courses in domestic economy and cookery, elementary anatomy and physiology, and the elements of dispensing would also be useful. She would thus be grounded in the subjects which she will require to know later, and the strain be considerably lessened when she begins her practical work.

### 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.

### On Wrong Track.

#### HIS FOOD NOT ADAPTED IN HIS NEED.

Many a man, from lack of properly selected food, is to-day walking perilously near the precipice brain fag and nervous prostration, the result of insufficiently fed brain and nerve cells, impoverished by dependence upon undercooked, indigestible foods. He pulls up with a short turn some day to realise that a change must be made, and that immediately.

To him comes, like a revelation, the virtues of Grape-Nuts fully-cooked cereal food, that most delicious product made by food experts for just such cases as his. It is, however, not an invalid's food, but is designed to, and does, replace and rebuild the daily losses in the brain and nerve tissues to which we are all subject, for it contains the minute particles of phosphate of potash and albumen which combine in the human body to make the soft grey matter in brain and nerve centres.

Many thousands of the great brain-workers of England and America have proved the value of Grape-Nuts, and use the food daily.

In the special method of manufacture used by the makers of Grape-Nuts only the grains of the field, wheat and barley, are used. By mechanical processes and heat only the starch is predigested and converted into grape-sugar, which is most easily assimilated by the human system.

Dealers sell at 7d. per packet.

It makes a charming dish for breakfast and lunch, needs no preparation, and may be served hot or cold as preferred with cream or rich milk.

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