

scrapers—that is, steel-framed buildings from twenty to thirty storeys high, with elevators and scores of windows, to say nothing of electric light. Thus ground space is enormously economised. Why should hospitals not be built on the same plan, as ground space is so limited, with outside balcony staircases in case of fire? Surely it would be better to carry the wards up, so leaving plenty of open ground around the blocks, rather than to spread low, necessarily dark buildings close together over the whole available ground space. Why should not “Barts” try this plan, if sentiment makes moving impossible? But the present site would require a complete clearance of the standing blocks.

Yours,
AN AMERICAN NURSE IN LONDON.

DO NURSES GOSSIP?

To the Editor of the “British Journal of Nursing.”

DEAR MADAM,—At the annual meeting of the Coventry Nursing Institution Dr. Milner More referred to the accusation made by the public, that they hesitated to send for private nurses because they gossiped. The doctor blamed the patients for inciting both doctors and nurses to gossip of cases, and said how difficult it was to get out of speaking of cases. This reminds me of a reprimand I once received from a leading London surgeon in a Nursing Home for “tattling about one of his patients to another” in reference to an operation, when I had never spoken a word. I had in self-defence to remind him that one patient asked him leading questions concerning another, and he it was who gave the details. The curiosity of sick people concerning fellow sufferers must be “part of the disease”; it is so abnormal.

Yours truly,
PRIVATE NURSE.

Comments and Replies.

Miss M. V. Hyatt.—You might be admitted to some children's hospitals after twenty years of age. Twenty-three is, as a rule, the lowest age in a general training-school, though we believe that at the Blackburn and East Lancashire Infirmary candidates of twenty-one are sometimes accepted. We should advise you to obtain the Nursing Directory for 1902 from 11, Adam Street, Strand. You will find in it the regulations of all the leading training-schools.

Private Nurse.—The charts, which can be obtained from Messrs. Widderspoon and Co., Gate Street, Lincoln's Inn Fields, W.C., would be excellent for your purpose.

Asylum Worker.—We are glad that you support the broad-minded views of Dr. Robertson, expressed in the letter published in our last issue. We feel sure that as asylum workers study the question they will understand that their true friends are those who maintain that they are entitled to a thorough education in the principles of general and mental nursing, not those who would place them in an entirely false position by registering them after a quite inefficient curriculum of instruction.

District Nurse.—The Protene Realm Biscuits, Protene Gingerbread, and Protene Chocolate are excellent for cyclists. A convenient meal, called the Protene Travellers' Lunch, is supplied in a small pocket box, costing 6d. complete, by the Protene Company, Ltd., 36, Welbeck Street, W.

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.

OUR PRIZE PUZZLE

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

Origin

OF A FAMOUS HUMAN FOOD.

The story of the inception of any great discovery or invention is always of interest.

An active brain-worker who found himself hampered by lack of bodily strength and vigour, and could not carry out the plans and enterprises he knew how to conduct, was led to study various foods and their effect upon the human system.

He found that the requirements of a strenuous life called for a brain and nerve-builder rather than a mere fat-maker, and that meat with the average man did not accomplish the desired results. He acquired the knowledge that the soft grey substance in brain and nerve centres is made from Albumen and Phosphate of Potash obtained from foods; then he proceeded to learn of the kinds of food Nature furnishes which would supply these needed elements, and also how the elements should be prepared.

Careful and extensive experiments evolved Grape-Nuts, the now world-renowned breakfast food. It contains the brain and nerve-building food elements in condition for easy digestion. The result of eating Grape-Nuts daily is easily seen in a marked sturdiness and activity of the brain and nervous system, making it a pleasure for one to carry on the daily duties without fatigue or exhaustion. The food is in no sense a stimulant, but is simply food which renews and replaces the daily waste of the brain and nerves.

It has a charming, delicate flavour, and is fully and perfectly cooked at the factory, so it can be served instantly.

Every packet of Grape-Nuts is prepared under the supervision of food experts.

The signature of the brain-worker spoken of, C. W. Post, is to be seen on each genuine packet of Grape-Nuts.

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