

means, and what principle underlies it, for that there is a meaning and a principle we cannot deny. This principle we have no hesitation in saying is a false one, which absolutely strikes at the root of all true charity—for it is the principle of *an equivalent for what is given*, and is thus in direct contradiction to all that is revealed as to the nature of almsgiving (for this is the special form of charity to which we are now referring), which looks for nothing in return.

"Pleasure, amusement, or actual commodities are offered in exchange for money laid out (the object being a secondary consideration); and this we contend is a contradiction and a falsehood in itself. And if so, it includes all, even the more harmless forms of concerts and similar amusements, because it places a great gulf between all such pretences of charity and that quality of self-denial which is of its very essence.

"We would add a few words as to the results of this, as we believe, fatal system to the true cause of charity, on which it inflicts the most sure injury. No wonder that year by year fewer persons are found to give to good works for pure love's sake, and that there is an ever-increasing difficulty to maintain them, for the system we have been describing is rapidly undermining the whole source and spring of Divine motive, and the purse will not be drawn forth except in response to some promised equivalent, so that all our ideas about charity are becoming confused and warped.

"There is an instance to which the foregoing remarks may be applied:—'A Concert and Variety Entertainment will be given in aid of the Free Home for the Dying.' Can anything more incongruous than this announcement be imagined?

"Can any further proof be needed of the demoralising nature of all these efforts to extort charity from unwilling givers, and to degrade the very name of the Divine gift and virtue?"

Yours truly,

A HOSPITAL GOVERNOR.

Comments and Replies.

Country Matron.—"Shell Brand" Floor Polish can be obtained from the makers, Archibald H. Hamilton and Co., Possilpark Paint Works, Glasgow, if you cannot procure it through local agents.

Candidate.—Obtain the Nursing Directory for 1903, issued under the authority of the Matrons' Council, and published at 11, Adam Street, Strand, W.C. This will give you information as to the regulations of all the principal schools, as well as much other valuable information.

Country Midwife.—An excellent dressing for the cord of a newly-born infant is iodoform powder, kept *in situ* by a strip of iodoform gauze. The drying up and separation of the cord is usually very satisfactory if treated in this way.

Ignoramus.—We cannot recommend you to enter the institution you mention for training, as its certificate is awarded without any examination into the pupils' knowledge, a procedure which is fair neither to the pupil nor to the public.

Miss Edmondson.—Write to the Matron, Sir Julian Goldsmid's Home of Rest for Nurses, 12, Sussex Square, Brighton. The inclusive charge when a separate bedroom is used is 25s. a week.

Notices.

STATE REGISTRATION OF NURSES.

The annual report of the Society for the State Registration of Trained Nurses is now published, and can be obtained on application to the Hon. Secretary, 20, Upper Wimpole Street, price 1½d., post free, or 7d. for six copies. All nurses should obtain a copy of this report, and acquaint themselves with the history and progress of the Registration movement. Application forms for membership of the Society can be obtained from the same address.

OUR PRIZE PUZZLE.

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

The Whole Family

BENEFITS BY PURE FOOD.

It has happened in a great many cases that one member of a family has begun the use of the scientific food Grape-Nuts, and some of the other members have taken up the food and, while enjoying its delicious flavour, have been cured of various ailments and diseases which had sprung from the use of improper food. A lady gives an instance of this. She says: "Our year and a half old baby has been changed by Grape-Nuts from an ill-nourished child, suffering constantly from colds and general weakness, to a fit subject for a baby-food picture.

"When we began to give her Grape-Nuts and milk we stopped all other foods, and the improvement was so rapid that we could note the change from week to week. Baby was made well and strong.

"But when I suggested it to my husband, who had chronic dyspepsia terribly, he said: 'I have dieted enough. A man may as well die as to live on health foods.' But I persisted, and one morning I served Grape-Nuts and cream to him. When he tasted it he was most agreeably surprised. For the first time in months his stomach and food agreed with each other, and since that time he has improved, until he is a staunch advocate of this delicious food.

"From our family the use of Grape-Nuts spread to our friends, and one in particular was very delicate and always sick. One day our physician, Dr. Ball, said to her: 'Go home and make it your business to eat Grape-Nuts. Eat it morning, noon, and night.' She followed the doctor's orders literally, and frequently made Grape-Nuts into puddings and other dishes. The results have been a surprising gain in flesh, and she is now entirely free of all illness, nervousness, and is rapidly getting strong again." Name furnished by Grape-Nuts Co., 66, Shoe Lane, London, E.C.

There are scientific reasons why this food is as valuable to one member of the family as to another. It is perfect for athletes, yet at the same time is predigested, and no stomach is so weak it will not relish the food.

Served for breakfast direct from the packet with cream or milk it makes a delicious summer dish.

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