

them are most true, but because they need so much patience. Capricious, unreasonable, tiresome, they very often are. It takes a well-trained, sympathetic, and patient woman to understand that these traits are not faults, but symptoms of disease, and that such patients need comprehension and kindness, which often reaches their clouded brains though it may not appear to do so. No class of patient is more trying or difficult to nurse, I admit, and no nurses are more worthy of honour and esteem than those who perform their duty in this branch of nursing successfully and kindly.

I am, dear Madam,
Yours faithfully,
MATRON.

WOMEN ON TOWN COUNCILS.

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

MADAM,—There seems to be some misapprehension as to what women are eligible for Town Councils under the Qualification of Women Act (County and Borough Councils), 1907, which came into force on August 28th.

As candidates for Town Councils in England and Wales, *only electors are eligible*. Hence those single women and widows whose names are on the burgess roll are eligible, but *no married woman is eligible*, for no married woman has a vote for a Town Council.

In the Committee stage of the Bill in the House of Commons, in which general concern was expressed that married women would be unable to serve under the provisions of the Bill, Dr. Shipman stated that, if the Government did not in another session bring in a measure to remove the anomalies referred to, he himself would do so, so that there should in the future be no difficulty in married women being able to serve on county and borough councils. Dr. Shipman pointed out that the great value of the Act is that it secures for women direct election.

It is certainly misleading for the general public that many newspapers have raised the foolish question of what title should be given to the husband of a woman who might occupy the position of mayor, when the fact is that, as no one can be chosen as a mayor who is not eligible as a councillor, *no married woman can, as the law stands, be a mayor*.

I am, Madam, yours faithfully,
ANNIE LEIGH BROWNE,
Hon. Sec., Women's Local Government
Society.

17, Tothill Street, Westminster.

[We regret that other letters are unavoidably held over.—Ed.]

Comments and Replies.

Fever Nurse.—The rule should be to disinfect everything which comes in contact with the patient. Therefore carefully disinfect the water in which you wash a patient. There are numerous admirable disinfectants, the best are all advertised in this Journal.

Mrs. B., Beswick.—You are quite at liberty to use the term you mention, but Maternity Nurse would be a more suitable title. The word "ladies" is unnecessary, and is implied in the above term.

Notices.

OUR PRIZE PUZZLE.

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

Mother's Breakfast.

DID NOT RELISH FOOD AFTER COOKING IT.

The practice of going too long without food often leads to excessive indulgence in tea or coffee, which plays havoc with the digestive and nervous systems. Women who superintend the cooking of the family breakfast often err in this respect. Cooking destroys their appetite, so they take nothing morning after morning except a cup or two of strong tea or coffee.

A lady at Bolton writes how she was cured of this dangerous habit by finding a ready-cooked food of great nourishing value and delicious flavour in Grape-Nuts.

"Before using Grape-Nuts," she writes, "my usual breakfast consisted of one or two cups of tea, as I had no appetite in the early morning. This tea-drinking on an empty stomach brought on severe indigestion, and I was advised to breakfast with the rest of the family. But after cooking the food I could not eat it, and should have persisted in my tea-drinking, although I knew the harm it was doing me, if a friend had not persuaded me to try Grape-Nuts.

"I found the flavour of this crisp food delicious, and what was another great recommendation to an over-worked mother it was always *just ready to eat*. For the last three months I have taken Grape-Nuts regularly, and my old trouble has quite gone. I know which method of starting the day pays best, and I shall always stick to my Grape-Nuts and milk breakfast."

Name given by Grape-Nuts Co., 66, Shoe Lane, London, E.C.

7d. per packet of your grocer.

WARNING.—Imitations of Grape-Nuts are on the market, paying the retail grocer a special profit to push the sale.

If you really want a skilfully and scientifically made brain food, insist upon getting Grape-Nuts. Most grocers will promptly supply genuine articles without attempt to palm off something "just as good."

If your grocer tries to substitute some imitation "Nuts" for genuine Grape-Nuts, perhaps the other grocer down the street might serve you more faithfully.

If you find Grape-Nuts food a bit soft from the damp weather, put it in an oven with the door left open and dry until crisp. Then add a sprinkle of sugar and some milk enriched with cream and there you are, the finest breakfast food extant.—Adv't.

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