

SCOTTISH NATIONAL EXHIBITION, EDINBURGH, 1908.

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

DEAR MADAM,—May I ask if you will kindly draw attention in the BRITISH JOURNAL OF NURSING to the Nursing Section of the Royal National Scottish Exhibition, to be held this year in Edinburgh?

The Committee of the Nursing Section wish through your columns to invite exhibits from nurses. These may take the form either of nursing appliances invented by themselves, or articles of historical interest.

Nurses or others who may be prepared to send such exhibits should make application now to Miss Guy, Royal Victoria Hospital for Consumption, Edinburgh, Hon. Secretary of the Sub-Committee, and in any case not later than 20th March. A form of application will be sent for details of exhibits.

A certain number of prizes will be awarded for the best exhibits.

Yours faithfully,
M. Guy.

Edinburgh.

A LITTLE BIT OF SUGAR.

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

DEAR MADAM,—By last week's mail I sent a money order for nine shillings, the year's subscription for the BRITISH JOURNAL OF NURSING. I would like to thank you for all the Journal is to me, and to those to whom it is passed on. I really do not know just what we should do without it. Nurses in this country would be absolutely in ignorance of all nursing questions, as there is no other journal which caters for us. I, for one, would be very, very sorry to have to do without it, and so send my heartiest thanks to you for the high standard of our own Journal, and for the able manner with which you grasp all nursing questions, and the clearness and precision with which you put them before us.

Very sincerely yours,
L. SMITH.

Kasauli, Punjab.

A HOME OF REST.

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

DEAR MADAM,—Can you or your readers tell me if there is a Home of Rest for Nurses in Brighton or other seaside place, where a nurse who has been ordered rest could be received? If any district nurse or otherwise living by the sea would be willing to have her to stay, would she please write to Nurse Crook, Mount Cottage, Rosary Road, Norwich. The nurse's means are small, being dependent upon the sick-pay of her club, the United Sisters, 10s. weekly.

Yours sincerely,
ELLEN CROOK.

COMMENTS AND REPLIES.

Edinburgh.—Write to the Secretary, Royal Sanitary Institute, Margaret Street, London, W., and ask for the syllabus.

Two Prize Competitions.

The Editor offers the following prizes:—

FOR THE MOST INTERESTING FOREIGN LETTER.

- 1.—A prize of £1 10s. for the most interesting Foreign Letter of Nursing Interest, containing not more than 1,200 words. Letters competing for this prize must reach the Editor not later than March 4th. The name of the successful competitor will be published in our issue of March 14th.

OUR PUZZLE COMPETITION.

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

All competitions must be addressed to the Editor, at 20, Upper Wimpole Street, London, W.

Many "So-Called" Remedies.

BUT FOOD ALONE REALLY HELPED.

No drugs can possibly cure digestive trouble. The body can manufacture its wonderful digestive juices only out of actual food, and Grape-Nuts is partially pre-digested food from which the body can easily make the juices needed for the digestion of ordinary foods. Thus Grape-Nuts cures indigestion permanently by encouraging the organs to perform their normal healthy functions.

A North Devon lady confirms this as follows:

"For several years I suffered tortures from dyspepsia with all its attendant horrors—sleeplessness, nervous irritability, great depression, etc. About six years ago my health entirely broke down, my nerves were completely shattered, and my life became a continual misery. Doctors did me no lasting good, nor did any of the 'so-called' remedies I was persuaded to try. Twice last year I was obliged to keep my bed, once for seven weeks, and again for five weeks.

"But for the last two months I have regularly taken your ideal food, Grape-Nuts, and am most thankful to say that I am at last safely on the Road to Wellville. The acute pain and the sleeplessness have gone. I have been able to discontinue the use of drugs and stimulants of every kind. Your delicious drink, Postum Food Coffee, has taken the place of tea, which I knew was doing me harm, but I thought impossible to give up. If every sufferer from dyspepsia would only give Grape-Nuts and Postum a fair trial, I am sure they would be equally delighted with the result."

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

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Just out. Grape-Nuts Biscuits and Wafers.—Advt.

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