

I think there is a danger of a glut rather than a shortage in 1910.

I am, dear Madam,
Yours faithfully,
CERTIFIED MIDWIFE.

THE PREVENTION OF TUBERCULOSIS.

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

DEAR MADAM,—In the campaign against tuberculosis, though the value of the co-operation of nurses has been to some extent acknowledged, I think hardly sufficient effort has been made to secure it. It is true that nurses who have had experience in this special branch are, as a rule, enthusiastic and hopeful as to what can be done in this direction, and are doing their best to spread the knowledge which they have acquired; but I do not think that, so far, any systematic attempt has been made by societies interested in the question to reach the great body of nurses, or to give them expert and adequate information as to how they can best take their share in the great battle with the disease. Yet the opportunities of nurses are almost unlimited; in hospital and infirmary wards, in their constant daily intercourse with patients, they can preach as well as practise preventive measures, and, where a case of phthisis is present, can demonstrate the necessary methods of disinfection; they can carry the same teaching into private houses and the homes of the poor, and if they have any gift for lecturing, and it is a gift which is latent with many people, and should be cultivated, nurses engaged in district and school nursing can spread knowledge by this means also. They will always be listened to with respect and interest. But a point of the first importance is that they themselves should possess a thorough knowledge of the subject. Their opportunities for combatting this great scourge are unique; their knowledge of the best methods of doing so should, therefore, be unique also, and it surely should be the aim of those specially interested in the question to see that opportunities for obtaining this knowledge are afforded them.

I am, dear Madam,
A NURSE WHO DESIRES TO HELP.

Comments and Replies.

Enquirer.—We do not think you are likely to obtain the post of Health Visitor abroad. Such appointments are comparatively new even in this country, but no doubt will increase as their value is more and more realised.

Three Years' Certificate.—You will find your work limited as a private nurse if you are not acquainted with any special branches. We should advise you to obtain a year's experience in infectious nursing.

Provincial Matron.—A most comfortable and sanitary bedpan is the "Perfection." The wholesale agents in this country are Grimwade's, Ltd., Stoke-on-Trent. The selling agents in the Midland Counties are Messrs. Southall Bros. and Barclay, 19, Lower Priory, Birmingham.

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 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.

OUR PUZZLE COMPETITION.

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

Food Fears

BANISHED BY A DIGESTIBLE CEREAL FOOD.

There are thousands of well-to-do people who are always hungry, but afraid to eat, because they have never found a food that agrees with them. A lady at Southsea was in this sad plight until she began to eat Grape-Nuts. She writes:—

"Before using Grape-Nuts Food I had been a martyr to indigestion for years, and had tried almost every advertised cure without any good result. Although I was always hungry I was afraid to eat, dreading the burning pain in my chest afterwards. I grew quite thin and sallow, my eyes became dull and heavy, and all day long I felt tired.

"At last I tried Grape-Nuts, and, to my surprise, after the first couple of days on this food I began to feel better, and in a week the burning pain at my chest had quite gone. In about a month from first using Grape-Nuts I felt a different woman, and life began to be worth living again. I enjoyed my food, and was not afraid to eat it, and from being a useless tired woman I became brisk, bright, and cheerful. I feel I owe all this improvement to Grape-Nuts, and am never tired to recommending this delicious food to my friends."

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

Grape-Nuts is made solely from the best wheat and barley—nothing added except a pinch of common salt. By special processes of treatment with moisture, heat, and time the food starch in these nourishing grains is changed into easily-digested grape-sugar or dextrin, and the valuable phosphates of potash are presented in a form readily absorbed by the blood. It is the grape-sugar which makes human energy, and the phosphates which, with albumen and water, makes the grey matter in nerve and brain cells. There's a reason for Grape-Nuts, and a ten days' trial proves.

For tea and supper eat Grape-Nuts in the form of Biscuits and Wafers. Ask the grocer.

Ever read the above letter? A new one appears from time to time. They are genuine, truthful, and full of human interest. --ADVT.

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