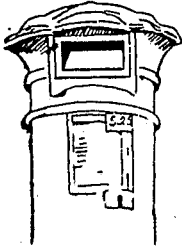


## Letters to the Editor.



NOTES, QUERIES, &c.  
*Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not in any way hold ourselves responsible for the opinions expressed by our correspondents.*

### THE SCHOOL FOR MOTHERS.

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

DEAR MADAM,—I am sure the St. Pancras School for Mothers, and other similar ones, are doing an excellent work, but, ideally, I think we should aim at imparting instruction in the duties of motherhood before, and not after, women have become mothers. Too often their experience is gained at the expense of their first-born. The "Brides' Class" is a step in advance, but I confess I should like every woman whose banns are put up, or who is married by a registrar, or by special licence, to be required to produce a certificate that she is competent to wash and dress a baby, and has an elementary knowledge of infant feeding and management. Why not? She will require the knowledge, and the lack of it on her part means needless suffering to her baby—perhaps the swelling of the infant death-roll and the loss to the nation of a valuable life. We make all kinds of laws for the protection of the community, but we leave the helpless infants of the country to the haphazard care of ignorant persons. The result, if we do not look to our ways, and amend them, is likely to be disaster.

Yours faithfully

A LOVER OF CHILDREN.

### LIFE AND DEATH.

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

DEAR MADAM,—An effective Suffragist group was placed in Mme. Tussaud's Exhibition on Saturday last. A straw shows which way the wind blows, and now that Mrs. Pankhurst and the charming Christabel, Mrs. Pethick Lawrence, and Miss Annie Kenney have been promoted to association, if only in wax, with "all the Royalties," eminent statesmen, and the most notorious murderers, surely it is presumable that we women, many of us wealth-producers and a national asset, will soon be granted equal civil rights with the gentlemen whose sanguinary deeds have won them name and fame in the Chamber of Horrors!

THE MOTHER OF SOLDIER SONS.

## Comments and Replies.

*Probationer, London.*—The best way of impressing facts as to the cases you are nursing in the wards upon your memory is to make notes each day as to special nursing points in connection with them which are new to you. You will acquire much knowledge by making this a regular habit.

*Monthly Nurse.*—Welford and Sons' Dairy Company, Elgin Avenue, Maida Vale, W., which is the largest dairy in London, keeps a herd of milch asses, and will deliver asses' milk to any part of the kingdom.

## Notices.

### OUR PUZZLE COMPETITION.

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

## A Very Simple Change.

### FOOD CURED WHERE DRUGS FAILED TO GIVE RELIEF.

A Cornish woman who for months was more or less delirious through sheer physical weakness, traces her complete recovery from this distressing state to the highly nourishing properties of the digestible Grape-Nuts Food.

"I was a great sufferer," she writes, "from lightness in the head, and grew so bad that it was not safe for me to remain in a room alone. I went to the Truro Infirmary as an out-patient for 13 weeks, and was afterwards treated by a Truro doctor for nine more weeks, but after all this I was no better than I had been before consulting anyone.

"At last I decided to try Grape-Nuts, and after taking the first packet I found myself a little better. I have taken a packet of this nourishing food every week since, and now after the end of my first six months on Grape-Nuts I have not the least symptom of lightness in the head. Instead, I have changed from a confirmed invalid to a strong robust woman, thanks to Grape-Nuts Food. I would not be without Grape-Nuts now on any consideration, and I have advised it strongly to my friends, many of whom already speak highly of the nourishing properties of this delicious food."

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

Grape-Nuts contains in a very digestible form all the nourishing substances in best wheat and barley, and among these are the minute particles of phosphate of potash which steadily and surely rebuild the grey matter in nerve and brain cells. There is no other food so strengthening to nerve and brain as Grape-Nuts.

There's a reason for Grape-Nuts. See the "Road to Wellville" in each packet.

For tea and supper Grape-Nuts Biscuits and Wafers are delicious. Ask the grocer for them.

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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