

being carried out to the finish. There is a great deal of support promised through the Colony itself. The place has had a wonderful attraction for long, and is every summer full up with visitors from the hotter places.

This departure is instituted by the members of "The Householders' League." A number of ladies of property in England (women suffragists) have taken up a very large acreage in West Australia, because it has the Women's Parliamentary Franchise, without which no commercial business can be run, all the world over, and having obtained the most favourable location possible in the State, will now proceed with the various industries represented by each of these ladies.

All Australia is most enthusiastic in its reception of its new allies, fully appreciating the reason why the women's suffrage is so fiercely fought against, *i.e.*, to get possession of the women's *sweated labour*, the last *sweated labour* now obtainable. It is a fight for the *profits*. This says all.

An exhibit of pictures of "Emilliah," and some wonderful fruits, specimens from the district, will be in the Franco-British Exhibition from July next.

Albany, W. Australia.

E. C.

A HINT FOR THE FUTURE.

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

DEAR MADAM.—The nurses' meeting at the Church House during the Pan-Anglican Conference was a memorable one. All of those who were present must have felt glad to be there, but I confess I should have liked one of the addresses to be given by a member of the profession of those who composed the meeting, and I know that I am not alone in this feeling. Another time I hope we shall have a Bishop, a doctor, and a nurse, instead of two doctors and no nurse. There are many nurses who are good speakers, and it is not possible that anyone can understand so well as nurses their own professional needs and difficulties, or who can describe to others the conditions under which nurses work. I put this forward as a suggestion to those who organise similar meetings in the future.

Yours faithfully,
TRAINED NURSE.

Comments and Replies.

Country Midwife.—The Medical Supply Association, 228, Gray's Inn Road, W.C., makes a maternity bag which is supplied to the educational classes of the London County Council for 3s. 9d., with removable lining without fittings, or including fittings 8s. 6d. It is wonderful value.

Private Nurse.—Patients who get tired of taking a large amount of milk in the course of the day will often take it more readily if flavoured with coffee, or solidified with isinglass and flavoured. Tea made with boiling milk instead of water is also often an acceptable change.

IMPORTANT NOTICE.

A Public Meeting of Nurses, and women connected with Societies working for the benefit of the community, convened by the Society for the State Registration of Trained Nurses, will be held at the Medical Society's Rooms, 11, Chandos Street, Cavendish Square, W., on Friday, July 17th, at 8 p.m.

Resolutions will be moved in support of important principles, vital to the welfare of the community, incorporated in the Nurses' Registration Bill, which passed its second reading in the House of Lords on Monday last, July 6th. Further particulars of the arrangements will be announced in our issue next week.

OUR HOLIDAY PRIZE.

A Prize of Three Guineas will be awarded this month towards a summer holiday, and the name of the winner will be announced in our issue of August 1st. Details will be found on page xii.

"Not Now" "Always Tired."

CHANGE OF FOOD BROUGHT NEW ENERGY.

The continuous nervous depression and the tired feeling which make life to many people almost unbearable, generally arise from some pardonable ignorance in matters of eating. A woman living at Brighton makes this quite plain in her interesting letter.

"Six months ago," she writes, "I was in fearfully low health, being about two stone under my normal weight, and feeling generally run down. **Everything was a trouble to me, and I was always tired, especially in the morning when I should have been feeling my best. I had tried so many medicines without effect that I had quite made up my mind that a few months would see the last of me.**

"A friend, however, advised me to try Grape-Nuts Food, and before I had finished my first packet I felt a distinct improvement in my condition. When I had eaten my sixth packet of Grape-Nuts I had laid by a store of health and energy that was not only pleasing to myself but was apparent to my friends, who warmly congratulated me upon my improved appearance. I have now a wonderful appetite, and the eating of my food is a real pleasure. The change wrought in my condition is simply marvellous, and I can attribute it to nothing but the nourishing properties of Grape-Nuts Food."

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 except a pinch of common salt added. By special processes of treatment with heat, moisture and time, the food starch in these nutritious grains is largely converted into soluble grape-sugar or dextrin, ready for immediate digestion.

There's a reason for Grape-Nuts, and a ten days' trial proves.

Delicious nibbles—Grape-Nuts Biscuits and Wafers—charming for tea and supper.—ADVT.

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