

Comments and Replies.

Sister Esther, Belfast.—Watch our advertisement columns. If you want work amongst seamen, why do you not apply to the Secretary, Royal National Mission to Deep Sea Fishermen, 181, Queen Victoria Street, E.C. ? A fully-trained nurse is at present required to take charge of a small mission hospital in Labrador. The pay is good.

Nurse E., Edinburgh.—Well-disciplined nurses always look to their matrons for professional guidance; sometimes, we are bound to own, they look in vain. But if half-a-dozen graduates of a school are anxious to form a league, why don't they go and talk the matter over with the matron? You are right in stating that the American Alumnae are formed outside the hospitals, and that the moral support of the matrons is all that is considered necessary—according to the letter of the law; but we have the evidence of the officers of the National Associated Alumnae to prove that where the superintendent of nurses takes an active interest in the league the society is more flourishing and better organised, and the interest of the graduates better sustained from year to year. We shall hope to hear soon of the formation of leagues of Scottish nurses. Get your matrons to take the matter in hand.

Mrs. G., London.—We quite agree with Dr. Cabot, of Boston, in his desire to see liberal studies introduced into the nursing curriculum. But the fact is, nurses want recreation, and not more brain-fag, during the training time. Some of the leagues are wisely considering taking up subjects quite outside nursing. Learning to read aloud would be valuable and interesting. Perhaps you might get a class together for next winter by bringing the matter before the hon. secretaries of the various leagues; a few pupils from each would soon make up a class. Nothing gives more pleasure to invalids unable to read to themselves than to have a nurse who can read aloud pleasingly and well.

Miss Anderson, Cambridge.—We have received the pamphlet on total abstinence, and we are inclined to think that it is not the vocation of a trained nurse to proselytise on any question, religious, temperance, or on any other. Her vocation is to care skilfully for the sick body, and to leave such questions to others.

A Nurse, Cheshire.—The most invaluable dictionary is "Hoblyn's Dictionary of Medical Terms," revised by John A. P. Price, B.A., M.D. Oxon., published by Whitaker and Co., 2, White Hart Street, Paternoster Square. Price 10s. 6d. No nurse should be without it. "Fenwick's Student's Guide" is also a most useful work.

Private Nurse, Liverpool.—The nursing staff of the Registered Nurses' Society is to be increased in the autumn. Candidates must have a three years' certificate from a good general hospital. Write for terms to the Secretary, 269, Regent Street, London, W.

EDITORIAL RECIPROcity.

We are informed that many nurses in America do not subscribe to this journal because of the trouble of obtaining a foreign money order, and *vice versa*, with English nurses in reference to the *American Journal of Nursing*. The Editors of these two journals, whose aims and policy are identical, have therefore arranged to make things easy for these busy nurses, and, to save trouble, will receive and forward subscriptions. Thus any subscriber to this journal wishing to subscribe for the American journal may send the 10s. 6d., with the address to which she wishes the journal sent, to The Manager, BRITISH JOURNAL OF NURSING Office, 11, Adam Street, Strand, W.C., and it will then be duly forwarded to the publishing office of the American journal at Philadelphia. Thus a cheque for 17s. will enable those interested in nursing matters to receive both journals for twelve months without further trouble.

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 also 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.

Such communications must be duly authenticated with name and address, not necessarily for publication, but as evidence of good faith, and should be addressed to the Editor, 20, Upper Wimpole Street, London, W.

A HELPING HAND.

The Editor will be greatly obliged if regular subscribers who receive an additional copy of this journal, will pass it on to some friend who is likely to be interested in the aims of the journal, and also if they will encourage their friends to become subscribers.

OUR PRIZE PUZZLE.

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

Body Heat

REDUCED 20 DEGREES IN SUMMER.

Never eat heavy carbonaceous foods for the morning meal, for these foods should follow and not precede hard work.

The best morning foundation is Grape-Nuts, ready-cooked Breakfast Food, and cream, a little fruit, a cup of Postum Food Coffee, and possibly a couple of eggs prepared to suit the taste—this breakfast is sufficient to satisfy the hardest worker, either of brain or muscle, until the noonday meal.

Particularly is this true at the present season of the year, when meat and other fatty foods increase the internal heat of the body and make the summer day still more disagreeable.

Grape-Nuts come to you from the grocer ready to serve, having been fully cooked at the factory by food experts, and this saving in time and exertion is appreciated by the housewife as well as the economy, for, being a concentrated food, four teaspoonfuls is sufficient for the cereal part of a meal for one person, and costs only one halfpenny.

A booklet of excellent recipes is found in each packet of Grape-Nuts from which many easy and delicious warm weather dishes can be made for luncheon and supper that are not only nutritious but pleasing to the palate.

A trial of the above selection of food for ten days will prove to anyone that health and vigour, an active mind, and a keen enjoyment of the pleasures of summer will take the place of poor digestion, a dull brain, and that heavy, draggy feeling caused by improper food during the hot weather.

Grocers sell at 7d. per packet.

Postum Cereal Co., Ltd., Temple Chambers, Temple Avenue, E.C., London.

[previous page](#)

[next page](#)