

South Africa should be healthy and strong; should have enthusiasm and love of work; should be able to instruct and direct others; must be persevering, unselfish, exercising economy in all things; must be a good organiser; and last, but not least, she must be able to nurse people of all castes. She needs either to have friends at whose houses she can spend her holiday once a year—the holiday is a necessity—or a banking account. A nurse's salary is quite taken up in clothing herself, everything being three times as expensive as in England; if she is able to make her own clothes she can save perhaps enough for her train journey, but not hotel bill. The railway company allow nurses to travel half fare if they bring an evidence of belonging to a recognised hospital. To return to the attraction or the fascination of the country: it exists, but I cannot explain it; perhaps someone can. Is it the glorious sunrises or the sunsets? Is it the dust storms or excessive hail and rain storms? Is it being sure of a grand picnic during the long dry season? Is it the great joy of succeeding in making things do for what they were never intended for? Is it the small animal life or insect life? Is it the air? What it is I, for one, cannot say, but certainly there is a great desire in many to return to the vastness of South Africa.—Yours faithfully,

J. C. CHILD.

NOTICE.—We regret that other letters are unavoidably held over till next week.

Comments and Replies.

Not a Nurse.—1. You should consult a medical practitioner. We cannot give advice as to treatment. 2. We think the ordinary care of children's nails is quite sufficient, and that manicuring is unnecessary.

Twenty-one.—The profession of nursing is a serious one, not one to be lightly undertaken as a means of "filling up the time for a few years." We cannot advise you to think of entering a hospital until your point of view has been materially altered.

Nurse B., Chelsea.—We shall be pleased to inspect the apparatus you have devised, and to give publicity to its design if it appears to us likely to prove of general utility.

Country Matron.—We should advise you to try Ronuk. It is clean and satisfactory in use, and produces a high polish. It is much liked by many matrons who have tried it. It may be used for furniture as well as for floors.

A Middle-Class Mother.—We quite agree with you that the efficient nursing of the middle classes is a problem which presents considerable difficulty, and none of the attempts to solve it has as yet been entirely satisfactory. The introduction of visiting nurses meets the needs of a certain percentage of cases; but the fact remains that a large number of patients who are acutely ill must always need constant attention, and that the incomes of the middle and professional classes do not as a rule permit them to pay the fees commanded by private nurses for any length of time. The question will probably be solved eventually by the application of the insurance principle.

Isolated Nurse.—It is the duty of every nurse to take an interest in her profession as a whole, as well as in the training school to which she happens to be attached. If you are isolated there is the more need to keep yourself in touch with your colleagues by regularly reading a nursing journal.

Notices.

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.

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.

Hot Weather Food.

Food for hot weather is an important question. People can feel from ten to twenty degrees cooler than their neighbours by avoiding fats, and indulging more freely in fruits and food easy of digestion.

An ideal meal is Grape-Nuts ready-cooked Breakfast Food, with cream or milk, some fruit, a couple of slices of whole-meal bread, and a cup of Postum Food Coffee, hot, or if cold a little lemon-juice squeezed in. Grape-Nuts can be made the principal food of the meal, because it is a concentrated food, one pound having as much nourishment, that the system will absorb, as ten pounds of beef, in addition to which it is bought in packets already cooked and ready to serve.

Delicious hot weather entrées and desserts are easily made.

A booklet of excellent recipes is found in every packet of Grape-Nuts, and many warm weather dishes can be made that are not only nutritious but pleasing to the palate.

A person can pass through weather that may be intensely hot in a comfortable manner if the food be properly selected, and the above suggestions can be put into practice with most excellent results.

Grocers sell Grape-Nuts at 7d. per packet.

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

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