

professional services, but the hundred and one little kindly attentions which are not in the bond, and for which no money can pay. The private nurses it has been my good fortune to meet—have been mainly of this description, and the way in which they perform their duties appears to me beyond all praise. Certainly their unselfishness must be apparent to the most casual observer.

I am, dear Madam,
Yours faithfully,
OBSERVER.

THE ATTRACTION OF AFRICA.

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

DEAR MADAM,—I quite agree with Miss Child as to the fascination of Africa, though it is not easy to explain it on paper, or in cold blood, to those who have not experienced it. What a cold, incredulous audience they are, to be sure! Nevertheless, it exists so strongly that there is a common saying that "those who have once drunk African waters are never happy until they drink them again," and indeed, believe me, Africa tugs at one with an almost irresistible strength at times. One knows it not only by one's own feelings, but one sees it over and over again, both in men and women, who long to return to the country which has charmed the heart out of them, even though it be to their death. But it would take an abler pen than mine to explain the reason.

Yours faithfully,
EXILE.

Comments and Replies.

"A London Hospital Nurse."—We shall be glad to publish your letter if you will send us your name and address, not for publication, but as evidence of good faith. We invariably require this, in common with every journal of good standing.

Certificated Nurse.—It is very desirable, indeed almost essential, if you wish to nurse in the Colonies that you should hold a midwifery certificate. It may happen fairly often that you may be called upon to render assistance to women who are out of reach of a doctor, and such assistance, if skilled, may in some cases turn the balance of life and death. A well-trained nurse, with a good practical knowledge of midwifery is a most useful member of society in a young colony, and provided you can adapt yourself to all sorts and conditions of circumstances, we think you are wise to wish to go far afield. You must be careful, however, to have a written contract, and only to go under irreproachable auspices.

Nurse Benson.—All nurses who value their professional status, and have the interests of their patients at heart should join the Society founded for the purpose of obtaining State registration, and should work to interest both their colleagues and the public in its aims.

Miss F. D. Knight.—The chief nurse training school in Queensland is that of the General Hospital, Brisbane, which has 240 beds. Nurses in Queensland are already beginning to recognise the value of professional co-operation, and are joining the Australasian Trained Nurses' Association. If you wish for information as to the probability of success for an English nurse settling in Queensland we feel sure that Miss McGahey Hon. Secretary of this Association and Matron of Prince Alfred Hospital, Sydney, would be willing to advise you if you wrote to her, and her advice would be valuable.

Notices.

EDITORIAL RECIPROCIITY.

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.

OUR PRIZE PUZZLE.

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

Compound Interest.

GOOD FOOD PAYS BETTER THAN ANY OTHER INVESTMENT.

Money put into properly selected food that brings health and maintains it is better invested than any other way.

A man who had spent hundreds of pounds in medicines to try and get well writes that the past year he has used 156 packages of Grape-Nuts ready-cooked Breakfast Food. He says: "Several years ago I had two severe shocks of paralysis, bringing on general nervous debility. I was not able to do work of any kind for several years.

"I spent hundreds of pounds in doctors' fees. About a year ago I began using Grape-Nuts Breakfast Food, and have so steadily gained in strength and health that since last July I have worked every day at collecting for a large company, walking several miles a day, and have not enjoyed better health for over twenty years than I do now. I am able to use all kinds of food, but do not eat much besides Grape-Nuts and Postum Food Coffee." Name can be given by Postum Cereal Co., Ltd., Temple Chambers, Temple Avenue, E.C.

Don't overlook the recipe book in each packet of Grape-Nuts.

This breakfast food is for use the year round.

In summer it is used (about four teaspoonfuls is sufficient at a meal) with sweet, cool cream or milk, and in winter with cream or hot milk poured over it. A breakfast consisting of Grape-Nuts and cream or milk, a little fruit, and one or two soft-boiled eggs is ideal, and puts one in perfect condition to withstand any ordinary temperature with entire comfort.

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

[previous page](#)

[next page](#)