

and householders should protect and guard themselves, their families and children, by keeping a supply for the purpose.

I am, your obedient servant.

A. ROBINSON.

51, Thurlow Park Road, West Dulwich, S.E.,
September, 1902.

Comments and Replies.

Miss L. Smith, Umballa.—We thank you heartily for your letter. We are glad to know that this journal affords you profit and pleasure in your far-off station. We are glad also that you pass it on when read, as the more people who read it, and so become acquainted with the principles it advocates, the better.

Private Nurse.—There are many soups by which the menu of a convalescent may be varied. You should obtain Miss Boland's "Handbook of Invalid Cookery," which will give you many useful hints and recipes. Try the following cream of celery soup:—Take a head of celery, a pint each of water and milk, a tablespoonful of butter, a tablespoonful of flour, half-teaspoonful salt, half-saltspoonful of white pepper. Wash and scrape the celery, cut it into ½-inch pieces, put it into the pint of boiling water, and cook it until it is very soft. When done, mash it in the water in which it was boiled, and add the salt and pepper. Cook the onion in the milk, and with it make a white sauce with the butter and flour; add this to the celery, and strain it through a soup strainer, pressing and mashing with the back of a spoon until all but a few tough fibres of the celery are squeezed through. Return the soup in a double boiler to the fire, and heat it until it is steaming, when it is ready to serve.

Miss Edwards.—Yes, certainly. Apply to have your name and qualifications entered in the "Nursing Directory" issued under the authority of the Matrons' Council. All well trained nurses should see that their names are to be found in this professional publication. Forms may be obtained from the Hon. Secretary of the Matrons' Council, 7, Marlborough House, High Street, Marylebone, W., or from the offices of this journal.

Three Years' Certificate.—Every nurse is wise to add experience in obstetric nursing to her general qualifications. We have little doubt that eventually training in this branch will be required of all nurses, but until this is obligatory those nurses are wise who take pains to acquire it. Its usefulness in the equipment of a nurse, more especially of one engaged in private work, cannot be overrated.

Miss K. Bentham.—We do not agree with your point of view. The time has come when the strong feeling you describe should lead to something more than "loyalty" to a special school, which, in its legitimate place, is natural and right. The interests of a nurse should not be confined to a single school, and her instinct should be loyalty to her profession as a whole.

Notices.

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.

Bread Dyspepsia.

WHITE BREAD MAKES TROUBLE WITH SOME PEOPLE.

Loading up with white bread and starchy cereals is quite sure to ultimately bring on some disorder of the bowels, and it is frequently the cause of appendicitis.

The starches are not digested in the upper stomach, but are treated in the duodenum, and from there on down through the whole length of the bowels. Consequently, if too much starchy food is used, particularly white bread, trouble is likely to set up. White bread does not contain the diastatic principles which Nature placed in the wheat berry to help digest starch, but the white flour miller leaves that part out.

Grape-Nuts fully-cooked cereal food was perfected purposely to supply the starch of the cereals and the other parts intended by Nature for use, and presents them to the body in a form that will easily be digested. In fact, they are predigested by a natural means during the process of manufacture, so that one can get all the energy and value from that sort of food without overloading the organs.

A man says: "For the first twenty years of my life I lived out of doors, then I took up my present employment, which is indoors, and requires the exercise of the brain rather than the body.

"Gradually a languid feeling took possession of me, which developed into dyspepsia and later into constipation. These conditions continued for several years in spite of pills and laxatives without number. After a time I began to suffer from great lack of vitality, and from time to time with cramps in the bowels, which usually laid me up for three or four days. Finally the physician discovered that I was on the point of appendicitis. After one of these severe attacks, about six months ago, a neighbour brought in part of a package of Grape-Nuts to try, and I noticed good results from the first, and have continued to use the Food in place of white bread and cereals I formerly used.

"I have gained considerably in weight, feel much better than I have for years, my complexion has cleared, digestion is good, and I have not had a cramp since starting; but more important than all else, I notice a distinct clearness of mind sustained by an energy and nerve force that I have not known before.

"I have learned an exceedingly valuable lesson in living, and will not, hereafter, load myself down with food requiring too much bulk to supply a sufficient amount of nourishment as I used to. This lesson in moderation in diet, and knowing how to select proper food, is worth everything to me." Name furnished by Postum Cereal Company, Limited, Temple Chambers, Temple Avenue, London, E.C.

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