

NURSING HOMES.

To the Editor of the "British Journal of Nursing."
 DEAR MADAM,—Surely it is time the Borough Councils took into earnest consideration the regulation of so-called Nursing Homes. As a private nurse I have been called upon to nurse more than one infectious case in these institutions, and enteric fever is admitted into many. The blame is not altogether with the numbers of untrained women who run and superintend Nursing Homes—they, of course, err from ignorance—but medical men who attend the patients, and trained nurses who admit them are, in my humble opinion, the most in fault. The fact that there are no disinfecting places where private nurses can isolate after attending infectious cases is another matter demanding the attention of Borough Councils. If women had not been ousted from these Councils it is presumable they might have moved in this domestic matter ere this.—Yours,

A RATEPAYER.

Comments and Replies.

Private Nurse, London.—Arrangements are being made to hold two meetings of private nurses during the coming winter in London, at which the question and benefits of State Registration will be laid before them. An invitation shall be sent to you, or to any friends who would like to be present. State Registration affects private duty nurses more directly than those working in any other branch of nursing.

Nurse P. S., Bristol.—We cannot recommend the institution to which you allude. If you wish to work on the Riviera, apply to Lady Superintendent, Nursing Institute, Villa Pilate, Avenue Desambrois, Nice. Get "Practical Nursing," by Miss Isla Stewart and Dr. Cuff (Blackwood and Sons, London). Mrs. Robb's "Nursing Ethics" can only be obtained from J. B. Savage, 90—92, Wood Street, Cleveland, U.S.A.

Miss Jane Galway, London.—We should certainly consider it derogatory for a well-qualified nurse to become a complexion specialist, and a recent article in the *Daily News* on "Complexion Making" should be a warning to trained nurses not to dabble in "beauty culture." From it we learn that it is the fashion for the society woman's face to be the colour of a new-born child's, that skin artists by the score, from Russia, from France, and from America, invade the town, and either pretend to or actually take off the outer skin of the face of the misguided woman who must be "in the fashion" at any cost. For the trifling expense of twenty guineas a pretence of this operation is gone through, by means of gelatine and a fruit knife, but 100 guineas and a process akin to that of scalping pays for the actual thing. Don't get mixed up with these shady practices.

A Worried Housewife.—The servant question is becoming acute, and is likely to become even more difficult as time goes on. Probably we shall eventually revert to some extent to the custom of former days when the ladies of the household took a pride in performing many of the domestic duties, and were competent to instruct their servants in the performance of their work. Is there anything more helpless than the average British woman when for any reason she is left without a servant? She can neither turn out a room, cook a dinner, nor lay a table. It would be a good plan if mothers brought up their daughters to consider that their education was incomplete without a practical knowledge of these every-day duties. In houses where few servants are kept, no girl should disdain to keep her own room clean and dainty. It has been too much the fashion of recent years to consider domestic work menial

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.

Anyone Can

PROVE THE VALUE OF SCIENTIFIC FOOD.

A good straightforward test of food is worth much to humanity. The following is interesting:—

A gentleman says: "After three months' sickness with Influenza I found I had lost three stone, with little appetite and almost no digestion. My wife finally put me on Grape-Nuts fully cooked cereal food, and I actually lived on this food, taking it three times a day, and a cup of Postum Food Coffee at each meal for about four weeks.

"When I began I was so nervous and weak that my strength was exhausted even by dressing, and, of course, I was unable to do the work loaded upon my desk, but I hammered away without any tonics or medicines, only my diet of Grape-Nuts and Postum three times a day. I found at the end of twenty-three days my nervousness gone, strength greatly increased, and that I had gained sixteen pounds.

"Finally, after getting back to good health again, I, of course, took on different kinds of food, and, as a change, began using — for breakfast. After a while some peculiar spells began to appear in the morning, with deathly sickness and nervous lassitude. I took treatment for biliousness, but that did not avail.

"About a month ago I gave up the — for breakfast, and took on Grape-Nuts again. These morning attacks left me entirely in a day or two, and I feel that I have had sufficient evidence of the scientific value of Grape-Nuts as a vitalising, perfect food, that does not require the heavy work of the stomach occasioned by the use of starchy foods we use so much nowadays."

Name given by Postum Cereal Company, Limited, Temple Chambers, Temple Avenue, London, E.C.

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