

indeed, twice if not three times more expensive than in England.

Emigration to South Africa at present needs careful consideration, especially as there are so many partially-trained women already there; it will be some time before really well-trained nurses gain a standing in our new Colony.

E. A. C.

[As this letter was to hand before "V. C.'s" "Don'ts" appeared last week, it is corroborative evidence of the risk nurses run in rushing out to South Africa without definite work to go to.—Ed.]

LIFE'S LITTLE WORRIES.

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

DEAR MADAM,—Many Matrons of small hospitals would, like myself, read Miss Mollett's "Gossip" with keen appreciation. How true to life it is! I enjoy everything she writes. It is the pin-pricks which become almost unbearable at times. Some day, let us hope, she will tackle the "major worries." No one could do it more sympathetically.

Yours,

AN APPRECIATIVE READER.

STRAY VISITORS TO HOSPITALS.

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

DEAR MADAM,—I am a journalist, and do hope that your remarks in last week's issue on the casual way in which stray visitors to hospitals are invited to stroll round may prove "a word in season." The time I have wasted, which I can ill afford, in running a busy hospital Matron to ground! Surely it is somewhat dangerous that unknown persons may walk into a Matron's office, find she is not there, but that her letters and papers are. What is to prevent an ill-disposed person making hay amongst official documents, or "lifting" articles which may be of value? It should be the duty of the porter or maid to see visitors conducted to the persons they come to see. Nursing Homes are often left in the same trusting way, and I have walked up into a friend's bedroom without meeting a soul. Home housemaids do not answer front-door bells with alacrity. It is no wonder that thefts and losses are a common occurrence in Nurses' Homes.

Yours truly,

C. T. P.

Comments and Replies.

Sister A., Dublin.—Thanks for cuttings; they are always appreciated. Shall be glad to have the article you mention.

Mrs. G., London.—We should advise you to get a legal separation before applying for admission as a probationer in a good training-school; otherwise we fear you have no chance of being admitted.

Enquirer.—The difference between reform and revolution has been defined as the "conquest of political power by a new class." Thus measures which proceed from the class which has hitherto ruled are reforms, whereas when power in the State is gained by a class formerly unrepresented revolution takes place. It is improbable that, viewed from this standpoint, the enfranchisement of women would cause either social or political "revolution," because their votes would be distributed between the classes already represented, but undoubtedly many reforms would be carried if they were accorded the vote.

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.

Food Treatment.

OLD STOMACHS MADE OVER.

Improper medicine knocks out as many stomachs as bad food, but proper food will nearly always restore the health that Nature intended.

"I suffered with chronic constipation for a long time, and two years ago became an invalid, being unable to retain anything on my stomach," says a lady whose name and address will be given by Postum Cereal Company, Ltd., Temple Chambers, Temple Avenue, London, E.C.

"Physicians pronounced it catarrh of the stomach and bowels. In fact, the entire alimentary canal was involved, caused, they said, by continued use of purgatives. For several weeks I could not retain more than a teaspoonful of any kind of fluid at any time, and at this stage of my illness a friend suggested that I try Grape-Nuts fully-cooked cereal food.

"I commenced by taking only a teaspoonful at a time of the water poured, while boiling, over two teaspoonfuls of the Grape-Nuts. In five days I was able to digest a teaspoonful of the Grape-Nuts themselves, and in less than a month could digest an ordinary meal. I can eat anything now, after having used Grape-Nuts for nearly two years, and am entirely cured of constipation. It is a wholesome, pure, and inexpensive food."

Grape-Nuts is sold in 7d. packets, fourteen portions in each packet. A booklet containing many recipes for charming dishes made from Grape-Nuts is found in each packet.

[previous page](#)

[next page](#)