

A word on patients' ward clothing.

"Fresh Air at any Cost" says "it is only in the backwoods that there are no dressing-gowns and slippers." Then some of the "great training-schools" are so situated. I have seen constantly male patients going up and down the ward to the lavatory in a cotton shirt, with bare feet and legs, and no dressing-gown (one dressing-gown, and that cotton, being allowed to each ward) and as these peregrinations have often to be made at stated times to fit in with doctors' visits, it is impossible for that one dressing-gown to be used by all.

No doubt the sick poor are very ignorant. Most habits of a lifetime cannot be cast aside at a moment's notice, especially when people are sick; and, as I have twice suffered from sitting in draughts, once the result being inflammation of the sterno mastoid muscle with horrible suffering, I feel strongly that no such risk should be run by the sick in our hospital wards.

The death of Mr. Kensit in Liverpool has aroused a flood of correspondence in several papers both in England and Scotland, and the writers complain bitterly of the draughty ventilation of the majority of hospital wards.—Yours truly,

COMFORT AT ANY COST.

Comments and Replies.

District Nurse.—Why not bake your own bread? You will find it keeps fresh much longer than any bought variety. It is quite easy to make, as you have a gas-stove. It is not economical, certainly, but it is much more wholesome, especially if you make it of whole-meal flour, which you can obtain by ordering it at your baker's. You will never want to go back to baker's bread if once you begin to make your own.

Maternity Nurse.—Whatever dressing is used the object is to dry up the cord. A powder of zinc and starch applied in sterilised linen, specially cut and folded, answers the purpose admirably. You will no doubt be taught how to cut the linen for this dressing in the course of your practical training.

Three Years' Certificate.—We think you would be well advised, both for your own sake and that of the patients, to apply for an appointment as assistant nurse under the Metropolitan Asylums Board. No doubt if your work is satisfactory you would soon get promotion, but it is well to realise that, though you are doubtless well up in medical and surgical nursing, you have had no experience in fever work, and it is a great responsibility to accept the charge of a ward containing many serious cases, of the special nursing of which you know nothing.

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.

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.

Less Sweets.

BETTER TO GIVE CHILDREN DELICIOUS FOOD THAN SWEETSTUFF.

Some foods will cure dyspepsia and other foods will cause it. The safest way to get well is to use the food that agrees with the stomach and permits Nature to go along in a thoroughly natural way.

A lady says, "I have at last found a true way to get well and keep well, and that is by the use of Grape-Nuts breakfast food.

"For six years I suffered with indigestion and palpitation of the heart so that I could not sleep at night. I tried a great many different kinds of medicines and a lot of different kinds of cereal foods, but none of them helped me, and I seemed to get worse and worse

"I became very despondent and was at a loss to know what to do. One day I read in the paper that Grape-Nuts breakfast food would cure indigestion and build up the body. I wondered if it contained any medicine, but learned that it did not, but that it was only a food prepared so that the stomach could easily digest it.

"The next time I went out I bought two packets. This was on Tuesday, and it was all gone on Saturday, for we all liked it so much that I sent down and got three more packets, and from that time I have been using Grape-Nuts steadily, and my indigestion has entirely disappeared.

"Sometimes when my little girl has been playing extra hard during the evening she will climb on my knee, pat my cheek, and whisper in my ear, 'Mamma, please give me something nice.' I say (knowing all the time), 'What is nice, dear?' She says, 'Grape-Nuts with cream on top,' and there is nothing, sweets or anything else, that she enjoys better than this good, wholesome food. She eats it for breakfast every morning, and prefers Grape-Nuts pudding for dinner. At night she has Grape-Nuts for her supper with a soft-boiled egg, and she thrives wonderfully on this kind of food." Name given by Postum Cereal Co., Ltd., Temple Chambers, Temple Avenue, London, E.C.

Grape-Nut ready-cooked cereal food is used by lawyers, ministers, doctors, and invalids alike, and should be used by all brain workers and athletes.

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