

know any or all of these things?" "Is my certificate of training as a nurse very inadequate?" I was forced to the conclusion that it was, and reflected that even in medical and surgical nursing my knowledge was very circumscribed. To illustrate my meaning, the physician in whose wards I received most of my medical training had a great reputation as a specialist in heart cases, and consequently quite half the cases in the ward were varieties of this disease; enteric fever was almost unknown in it, while diseases of the lungs, stomach, brain, &c., were as a rule admitted to other wards. The same thing held good as to surgical training. In the operation wards in which I worked the surgeon had a brilliant reputation in cases of stone in the bladder, and consequently cases of this nature were sent up for treatment from all parts of the United Kingdom, but of general surgery I saw very little. It seems to me that our training suffers from over-specialisation—the only department where one gets a general insight into disease being the out-patient department, where the experience is admirable and much sought after, but which it is quite impossible for all probationers to receive. I think a system of co-operative training would be excellent if it could be arranged. It is time we recognised that medical and surgical nursing are after all only specialties, and experience in these two branches alone should not qualify a woman to rank as a trained nurse. The whole class of infectious diseases is eliminated, also, very often, the nursing of children, for the experience gained in adult wards in this branch is by no means adequate. Then one knows next to nothing of the nursing of orthopedic cases, and so on *ad infinitum*. Surely it is time nursing education was organised on a different basis. The only hope I see for an efficient general education is by co-operation between groups of hospitals.

I am, dear Madam,
Yours faithfully,
PARTIALLY TRAINED.

Comments and Replies.

Phthisis.—The variations in temperature mentioned in your letter in a case of phthisis are probably accidental. The mouth temperature is, as a rule, low owing to the abnormality of the respiratory system. An axilla temperature in an emaciated person, or in one who is perspiring freely is of no value. Tubercular disease of the rectum is sometimes accountable for a rise in the temperature taken in this region. The red line in the gums is due to congestion of the mucous membrane, caused by obstruction in the lung circulation. This accounts for its fluctuation. The book on "The Nursing of Chest Diseases," by Dr. Bedford Fenwick, published at 11, Adam Street, Strand, would give you considerable information on the nursing of this class of cases. The price is 5s.

Miss Ellerton.—The union of private nurses in co-operations is unquestionably the basis of the future organisation in this kind of work. The day is going by for the relations of committees of homes and their nursing staffs to be those of employers and employed. The industrial phase of nursing is passing, and, if we are to take the place we claim as members of a profession, we must recognise that self-government is one of the first essentials. This being so, private nurses must not only have liberal representation on the committees governing their societies, but must take pains to understand the business and to attend committee meetings.

Notices.

OUR PRIZE PUZZLE.

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

Like a Providence.

A FLOATING BOX CHANGED A MAN'S LIFE.

Things drift into our lives in a curious way. A man was visiting the seashore while an invalid and one day a little empty Grape-Nuts box floated to him. The food facts he learned changed his whole life—but let him tell his story.

"The doctors said it was acute indigestion or gastritis. There was really nothing that I could eat and enjoy, and when one cannot enjoy his meals he may as well be dead. There was a time when I could eat and digest anything, but for two years previous to last spring I was in a wretched state. I tried everything I heard of, took all kinds of medicine, almost enough to float a ship, but with no lasting purpose.

"Last spring I had to give up work, and went to the seaside. One day while strolling along the beach, I noticed a box being tossed about on the breakers and finally thrown up on the sand. I sat down on the sand and looked at it idly at first, but after reading a few words on the box I got interested. It told how Grape-Nuts fully-cooked cereal food was prepared and all its good qualities, and I made up my mind then and there that I would try it.

"I have not taken a drop of medicine from that day to this, but used about a half packet of Grape-Nuts each day for two months. Then I gradually began eating meat and vegetables and fruit, and now I can eat anything I care to without it distressing me, but I still cling to Grape-Nuts food, as I am fond of it prepared in various ways, and never a day passes that I don't have it in some form.

"After the first two months of using Grape-Nuts I weighed myself every fifteen days, and found I gained from three to five pounds each time. I have been working every day since, and can say I never felt better. Thanks to Grape-Nuts I now have an appetite like a billy goat, and am no more troubled with indigestion.

"I wish I could talk with everyone troubled as I was. I know a good many people say: 'Oh, I've tried everything. I am tired of trying,' &c., but I say, 'Don't give up until you try Grape-Nuts food and you will not regret it.'" Name given by Postum Cereal Company, Ltd., Temple Chambers, Temple Avenue, London, E.C.

Four tablespoonfuls of Grape-Nuts dry in a saucer with cream or rich milk makes a delicious dish. Some use condensed milk.

Dealers sell at 7d. per packet.

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