

one was established in England and Scotland, as I, for one, consider the Royal National Pension Fund for Nurses could very well be improved upon. In regard to when a nurse finds herself unable to continue her payments, after the time of grace has expired, what she has already deposited, instead of being kept, should be returned to her before her name is crossed off the roll, and if she wished it kept to her good until such time as she saw fit either to claim it, or, better still, finish the payments, or even to sell her policy. Would not any of those three suggestions be much fairer and more humane than that she should lose all? I think so, and humbly apologise for trespassing on your valuable space, and beg to remain

Yours truly,  
PATRICK.

[We have stated over and over again that Royal National Pension Fund is a misnomer. The Fund is an Insurance Society pure and simple, and as nurses in this country learn the elements of business they will realise this. They pay well for the annuities they will receive.—ED.]

### Comments and Replies.

*Miss A. C., Inverness.*—Apply to the Colonial Nursing Association, Imperial Institute, London, S.W., to which you will find reference in this week's issue. Your L.O.S. certificate will be found useful.

*Sister A., Cork.*—We thank you for enclosure, but regret as the paper is three weeks old we cannot deal with the matter. If posted on day of issue, and the paragraph marked plainly, we shall always be pleased to receive local hospital and nursing news, but it must be news.

*Private Nurse, Newcastle-on-Tyne.*—Why not write the article yourself? The subject is of great interest, both to nurses and the public.

*Mrs. G. A., Newark.*—Thanks for kind expression of satisfaction with this journal. Please bring it to the notice of your lady guardian friends, as they have to deal with infirmity nursing matters; they should study both sides of the nursing question. We are of opinion that both the suffrage and State registration of nurses will be gained in our colonies and America long before we can hope for any progress in Great Britain. The reason is that in those lands the people govern themselves, know what is for their own good, and get it. Here the entire power of government is in the hands of the leisured classes, who do not understand our needs, and who fear power for the workers. It is all very demoralising and sad.

*Nurse T., Birmingham.*—Glad to hear you are trying for the Holiday Prize. If you are the winner, spend every penny in travel and see all you can. We hope for a keen competition this month.

*Hospital Matron.*—The bedding supplied by the Hospitals and General Contracts Company is most comfortable, as well as very reasonable in price. We should advise you to write to this firm (which is prepared to furnish all hospital requisites) for their price list.

*Housekeeper.*—Potted eggs are useful for sandwiches, and may be made as follows:—Take the yolks of six hard-boiled eggs and an ounce of butter, and pound these well together in a mortar, then add a little salt and cayenne pepper, and lastly a teaspoonful of anchovy sauce. The mixture must be used within a few days.

*Mrs. T. Ilfracombe.*—The Revolving Shelters are made by Boulton and Paul, Norwich. The cheaper pattern costs £10 10s., and package 10s. extra. They are invaluable for the open-air treatment.

### Notices.

#### EDITORIAL RECIPROCIITY.

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 Nurses*. 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.

#### 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.

### Summer Frolic.

#### GET READY NOW.

Give the brain and body food during the summer that does not overtax the stomach and heat the body.

Grape-Nuts, ready-cooked Breakfast Food, is a crisp, dainty, and delicious food, selected parts of the grain treated by heat, moisture, and time to slowly and perfectly develop the diastase from the grain and transform the starch into grape sugar in the most perfect manner; the small particles of phosphate of potash found in certain parts of the cereals are retained, and these elements vitalise and nourish the body, brain, and nerve-centres.

In its predigested form it furnishes the necessary strength and energy in an easy way for the system to absorb without undue exertion, and removes the general feeling of heaviness usual to hot weather.

Grape-Nuts and cream, or milk, a little fruit, and possibly an egg or two cooked to suite the taste, is an ideal breakfast, and will fully sustain the body until the noonday meal. Delicious desserts for luncheon and supper can be quickly made, and have a flavour all their own from the peculiar mild but satisfying sweet of the grape sugar.

Grape-Nuts will save the heat of cooking and the exertion of preparing food; will make you feel internally ten degrees cooler, and fit you for the summer's heat so that you may enjoy the full pleasures of the season.

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