

of diseased bowel had to be cut out by the surgeons, and then the two cut ends were connected by a silver tube, which in time would, she supposed, be grown over. The only mystery, to her mind, was how the natural functions of the bowels could be carried on under these conditions! I suggested that the tube was inserted in the outer wound, to draw the pus from the internal abscess; but this amendment did not at all fit in with the other particulars she had decided on with regard to the case!

I am, yours truly,
LAVENDER.

BETTY'S LITTLE SPECS.

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

DEAR MADAM,—The enclosed may interest the writer of "Betty's Little Specs" cut from Tuesday's *Daily Mail* Divorce News:—

"Mrs. Emily Brown, of Walthamstow, was granted a judicial separation, with the custody of eight children, from her husband, said to be an unregistered physician of Leyton.

"As far back as fifteen years ago Mrs. Brown lost the sight of her right eye through her husband's violence, and early this year he frightened the whole family out of the home. 'Not a drunkard, but a very violent man,' was the description given of him by a daughter."—Yours,

A HATER OF HOBNAILING.

[It interests her much.—Ed.]

Comments and Replies.

County Matron, Shropshire.—Matrons are eligible for admission to Sir Julian Goldsmid's Home of Rest at Brighton, and, to make their holiday happier, mothers and sisters of nurses are also eligible. Terms can be obtained from the Matron, 12, Sussex Square. The house is large and airy, and the Square gardens and terraces facing the sea are open only to residents in the Square houses, so quiet is obtainable.

Private Nurse, Manchester.—We fear you are too old to begin training over again, the limit of age being usually thirty-five. Why not try for some official post in an infirmary as you are such a good needlewoman? Charge of the linen and mending would suit you; and as you are so tired of private nursing and loss of sleep, regular hours of work would be better for you, even if the salary was less. Sapon would answer your purpose for washing flannels.

Sister J., Southsea.—Communicate with the Matron in-Chief, Horse Guards, Whitehall. She will give you all the information you require. Army nursing is very popular in war-time, and under the new system will be found more satisfactory even in times of peace. But for those who are very keen about doing the practical nursing themselves, a general hospital ward is the place.

Pension Fund Nurse.—When a fund is called a Pension Fund, it should be a pension fund—not merely a deferred annuity fund under the more popular name. Personally we prefer that working women should try and save to help themselves in old age, but let them thoroughly understand that their annuity depends upon their own thrift, and not upon charity. Hospital pensions are well earned if women work long and faithfully in the service of an institution, and has nothing more of charity about it than the pension of £2,000 a year which every man can claim for life who has once worked for the nation as a Cabinet Minister. The only difference is in the proportion of the pension in comparison with the services rendered.

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

Summer Comfort.

GET READY FOR WARM WEATHER.

By a complete change in breakfast at this time of the year, one can put the body right to go through the summer comfortably.

Leave off meat, potatoes, and heavy body-heating foods, and use the food that will nourish the body and give reserve force to the brain and nervous system.

A most appetising and healthful breakfast can be made on ready-cooked Grape-Nuts and cream, or milk, some fruit, and perhaps two soft boiled eggs. This meal will furnish full strength and nourishment up to the next, and has a remarkable effect on the body during hot weather. Remember the cells of the body you are now building will last you into summer, so be sure and build the kind that tend to keep a cool body and level head.

One pound of Grape-Nuts has more nourishment—that the system will absorb—than ten pounds of meat, without any of the internal heat of meat that a person wishes to avoid during the warm season; its rich, nutty flavour added to the delicate sweet of the grape sugar makes a dish pleasing to the most critical taste.

You receive Grape-Nuts from the grocer ready to serve, as it has been thoroughly cooked at the factory by food experts, and this saves heat from cooking and time and exertion necessary in preparing ordinary food.

A change from the old breakfast to one like this will refresh and invigorate the system in a surprising manner and permit you to enjoy the pleasures of summer in a cool, comfortable fashion when your neighbours, differently fed, will be "hot."

All grocers sell Grape-Nuts, ready cooked breakfast food, at 7d. per packet.

Postum Cereal Co., Ltd., Temple Chambers, Temple Avenue, E.C., London.

[previous page](#)

[next page](#)