

answer was, "We have a septic tank." This naturally made me inquire what becomes of all lotions used for surgical purposes; to my surprise, I found all drains led to the septic tank.

Very soon after this, neighbours began to complain to the municipal authorities of "the smell" from the hospital grounds. On investigation it was discovered that we daily used and threw down the drains enough lotions to spoil any septic tank, although none had been used in the lavatories. What will be done in future I don't know, but evidently "the tank is no more," as I have now permission to use disinfectant, and rejoice in seeing all excretions and linen from enteric patients plentifully deluged with disinfectant; I also find it very difficult to make the probationers use the same, they never having used it before.

I think this only proves that if "septic tanks" are to be used for hospitals, arrangements must be made to make them answer their proper use.

I am, dear Madam,
Faithfully yours,
CAPE.

South Africa.

OUR GUINEA PRIZE.

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

DEAR MADAM,—I was most agreeably surprised this morning upon finding a cheque for £1 ls. sent for my solution of the "Puzzle."

Wishing your paper every success,

I beg to remain,

Yours faithfully

KATE H. TODD
(Night Sister).

Royal Hospital for Children, Bristol.

Comments and Replies.

Maternity Nurse.—Excellent gruel can be made with King's Patent Cooked Oatmeal. One great point in its favour is that, being already cooked, it can be very quickly prepared, and only requires one minute's boiling. It consists of the finest Scotch oatmeal.

Candidate.—We do not advise you to enter any institution for training which does not give three years' full training in the wards of the hospital, even if it gives a three years' certificate.

Certificated Nurse.—Cottage Hospital work is not very popular, for several reasons. As a rule, the salaries offered are insufficient and the amount of work expected of a nurse impossible of adequate performance. It is by no means uncommon, in connection with a hospital of four or six beds, to see an advertisement for a "Nurse-Matron" at £25 a year. This means that the unfortunate "Matron" is responsible for all the nursing of the patients, day and night, for a good deal of the ward work, the mending of the household and ward linen, as well as the supervision of the general servant and the performance of her duties during the not unfrequent periods when this post is vacant. Nurses are to blame for accepting such impossible positions.

Mrs. Johnson.—Listerine is a most pleasant preparation as a mouth wash, not only in the sick-room, but also for the daily cleansing of the teeth. It is also refreshing for the general bathing of the body if used in the proportion of one ounce to a pint of warm water.

Notice.

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.

THE "AMERICAN JOURNAL OF NURSING."

As a matter of convenience, our subscribers may send their subscriptions to the *American Journal of Nursing* through the publishing offices of this journal. The annual subscription, which includes foreign postage, is 10s. 6d., and should be sent in the form of post-office order or cheque, never in cash or stamps.

OUR PRIZE PUZZLE.

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

Scientific Food

THAT CURES PATIENTS QUICKLY.

"My experience with food has been considerable.

"For twenty years I suffered with chronic indigestion and bowel complaint, which brought on general debility," writes a gentleman. "I was very poor in flesh, and everyone thought I had consumption. I was treated by the best doctors of several cities, but to no benefit.

"At last I went to the hospital, and while there began using Grape-Nuts, instead of porridge, the physician giving me permission; and from that day I commenced to gain. By careful diet and using judgment I gained in flesh and strength, my lungs got better, and to-day I consider myself as well as men in general at my age of 60 years.

"The other patients noticed that I gained faster under the same treatment and care, and I told them to add Grape-Nuts to their diet, and be careful not to eat meat, nor bread and starchy food. I can now eat anything in reason; I sleep well; bowels are regular, and I have gained 22 pounds in flesh. Grape-Nuts' food saved my life.

"It adds to the health and comfortable living, makes the mind clear, and prolongs life." Name given by Grape-Nuts Co., Temple Chambers, Temple Avenue E.C.

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