

many hospitals makes it compulsory upon the Committee to advertise official posts. Our advice is to go on till you win.—Ed.]

#### AN ALLEGED INJUSTICE.

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

DEAR MADAM,—Re your issue of the 21st, I was much annoyed at the paragraph on p. 224.

Whoever your informant was, has been at some trouble to try and do me an injustice, as I hold several testimonials as "Matron of the Isolation Home in connection with the Infectious Diseases Hospital, Mile End," that being my correct designation, and I think before inserting this incorrect statement it would have been more just if you had consulted me as to its accuracy. You will please not publish any further particulars concerning me, but I enclose one of many testimonials to show my *bona fides*.

I am, Madam, Yours faithfully,

EDITH BURTENSHAW.

Isolation Hospital, Burton-on-Trent.

[It is really quite immaterial to us whether Miss Burtenshaw was Sister-in-Charge or Matron of the Isolation Home of the Infectious Diseases Hospital at Colchester. Having, on information received, described her appointment at Colchester as that of "Matron of the Diphtheria Hospital," we were officially asked to correct this statement, as her appointment was in connection with the Isolation Home for contacts and convalescents, which is "under the control of the Matron of the Infectious Diseases Hospital," where all acute cases are received. We fail to see Miss Burtenshaw's cause of complaint, and should advise her to adopt a more courteous tone in writing to the public press.—Ed.]

#### Comments and Replies.

*Private Nurse.*—The Allenburys' Foods, either the Malted Milk or the Farinaceous, are often an acceptable change to convalescents and old people, and are a useful form of nourishment the last thing at night, as they can often be digested when milk or starchy foods cannot be assimilated. The name of Messrs. Allen and Hanburys, Ltd., Plough Court, Lombard Street, E.C., is a guarantee of their excellence.

*District Nurse.*—We are always glad to consider articles of a practical nature with a view to publication, and, if a stamped envelope is enclosed, will return them if not accepted. They should not exceed 1,500 words in length.

*Matron.*—We are of opinion that nurses should, during their working days, make some provision for their old age; but this should not be done by taking part of the fees they earn and investing them for their benefit in a fund which they may or may not approve. The nurses should either receive the whole amount of their earnings, and choose their own insurance society, or, in each case, they should be consulted as to the form which they desire the investment on their behalf to take. It is astonishing how slowly men realise that women have a claim upon their own earnings and views as to their disposition.

*Doubtful.*—The proverb, "Cobbler, stick to thy last," is a true one. We should not advise you to give up your nursing, for which you are qualified, for work for which you have had no special education. Untrained work is a drug in the market at the present day.

#### 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.

#### Food Changes People.

##### BOTH ADULTS AND BABIES.

Babies can eat and thrive on the same kind of porridge that their elders do, when that food happens to be Grape-Nuts.

"Our little baby girl had spasms," writes Mrs. Geo. B. Noble, "caused, the physician said, by improper food. He advised a diet of milk, but she did not gain in either health, weight, or brightness, and we had to continually use physic.

"We were simply wild, hopeless, and miserable over our little one. For a long time I had been reading of Grape-Nuts, so strongly recommended for use in place of porridge; and perhaps by inspiration I bought a package, and began feeding her with them. After the second meal, we used no more physic, and have never used any since. It was wonderful to see her improve. Her weight was 17½ pounds at two years; now it is 2 stone at two years and four months. The doctor had fear for her brain, the spasms having come from her spine, but the continued use of Grape-Nuts has made her perfectly well, and there is not a brighter child to-day than our little girl.

"Everybody remarks about her beautiful complexion and her bright, witty speeches. We are never now without Grape-Nuts, and often think of the awful period when we were in such desperate straits. If I can in any way interest others, I am more than willing to tell them all I can about Grape-Nuts."

Address given by Grape-Nuts Co., Temple Chambers, Temple Avenue, E.C.

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