

the case—quite the reverse. Secondly, that it was so easily slipped on over the indoor uniform. This reason does not now hold good, for we know that, whether we wear outdoor uniform or not, it is our duty to change our dresses before we go out; that the dresses and aprons we wear when on duty must not come in contact with the dust and dirt of the street, and be subjected in omnibuses and cabs to possible contact with infection. Then why change into uniform at all? It must be remembered that when outdoor uniform for nurses was instituted the national uniform of tailor-made coat and skirt had not been introduced. To my mind this is the most suitable costume for a nurse out of doors. Personally I never think of wearing uniform in the streets.

Yours faithfully,
CERTIFICATED.

Comments and Replies.

Mrs. Smith.—We cannot prescribe. We should advise you to consult a medical practitioner.

Staff Nurse.—Information as to the examinations of the British Gynæcological Society in maternity and gynæcological nursing may be obtained on application to Dr. Aarons, 14, Stratford Place, London, W.

Mrs. Edmonds.—Mrs. Palmer's address is now 56, Westminster Mansions, Great Smith Street, Westminster, S. W.

Puzzled.—The Act only affects the nurses of North Carolina. Each of the other States will have to get its own Bill, and there are already four others before the Legislatures of various States. In America each State is to a great extent self-governing.

Three Years' Certificate.—We should certainly advise you to obtain some experience in private nursing. You will find it very valuable. It is a great mistake to suppose that nurses who come short of the standard required of a good ward nurse will succeed as private nurses. True, they have only one patient instead of many to care for, but the conditions under which they work are altogether different. A private nurse has no ward sister or house surgeon to refer to in case of difficulty, and often great responsibility devolves upon her. In our view private nursing requires the best women the nursing profession can produce.

Private Nurse.—Messrs. Cadbury, of Bourneville, Birmingham, have always made a point of maintaining a high standard of purity in their preparations, and you can rely on their cocoa as being free from adulteration. Their sweets also are pure and good, and are so attractive that they are greatly appreciated both by children and adults.

Nurse Chapman.—We are quite of the opinion that the "nurses" who bring discredit on our profession in the police-courts are not its fully-certificated members. If all nurses were required to attain to a certain standard, and to be registered by the State before they had the right to describe themselves as trained, the constant discredit brought upon our profession at present would cease. Therefore, all nurses should join the Society for State Registration of Trained Nurses, and work for an Act of Parliament to provide for this.

Maternity Nurse.—Messrs. Welford and Son's address is Elgin Avenue, Maida Vale. We believe they have the largest herd of milch asses in London,

Notices.

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.

A Soldier Found

WHAT HE HAD LOOKED FOR 35 YEARS.

Many interesting stories are still told by the old war heroes. An old soldier related his experience a short time ago.

"When I enlisted in the army," said he, "I was strong and healthy, and weighed 12st. 12lb., and when I was discharged four years later I only weighed 9st. 4lb., which was the result of very bad dyspepsia, contracted while in the army.

"I was treated by medical men for a long time, paying out hundreds of pounds, but receiving no permanent benefit. Patent medicines were also highly recommended for dyspepsia and stomach troubles, and I tried a number of them, but got no relief, and in the end was actually worse. I became mentally and physically a wreck, had no energy to do business, and I simply got enough sustenance from my food to keep soul and body together, and was in pain and misery constantly.

"While in this condition I met a friend who asked me if I had used Grape-Nuts. I had not, but had used other prepared food, and got no relief, and so had no confidence in any of them. He continued to urge me to use Grape-Nuts, saying his wife had become so much improved in health by using this particular food.

"So, partly to please him, I bought a packet, and made my supper that night on Grape-Nuts, fully expecting to suffer all night as the result. To my surprise and great joy it agreed with me perfectly. I had a great appetite from that time on, and Grape-Nuts was my only food for the first four months; then I began to partake of other food sparingly. I gained very rapidly mentally and physically, with energy and force restored, and I also gained in flesh, my weight increasing two and a-half stone in about six months. My stomach, from which I had suffered untold misery for thirty-five years, became perfectly healthy, so that I could eat all kinds of food in connection with Grape-Nuts, which I always eat in place of porridge.

"To-day I am sixty-two years old, and enjoy good health, and I believe Grape-Nuts to be the best of food products, scientifically prepared so as to contain the greatest amount of nutriment and tonic properties.' Name given by Grape-Nuts Co., Ltd., Temple Chambers, E.C.

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