

## THE VALUE OF SOAP AND WATER.

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

DEAR MADAM,—I was very glad to see the sensible letter of your correspondent last week on the aseptic care of infants. It seems to me that the craze, if I may so call it, is being ridden to death, and that we shall soon be asked to keep all our bed linen in sterilised packets until it is in actual use. Why not, indeed? It is the logical conclusion to which we are carried if the clothes of healthy infants must be sterilised before they are safe to put on. One thing we seem quite to forget, namely, that, during the process of washing, linen and cotton garments are boiled, and this, without doubt, constitutes a safeguard in their use. Against this, flannel garments, which are usually worn next the skin, are not boiled, and, therefore, we must find another reason for our immunity from harm in our use of them. This reason is manifestly to be found in their cleanliness, and throws us back upon the fundamental principle that the basis of the successful practice of asepticism is cleanliness. It is a lesson which we need to take to heart again and again. Soap and water, and plenty of it, is the first essential in successful aseptic methods.

I am, dear Madam,

Yours faithfully,

CLEANLINESS.

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 Comments and Replies.

*Irishwoman.*—Our contention is not that nuns cannot be efficient nurses, but that their "ecclesiastical superiors" must not define their professional obligations. In the case of a Roman Catholic Medical Superintendent of an institution it is unheard-of for a Bishop to interfere and remove him at a few hours' notice, and why should this course be tolerated in the case of nursing sisters? True, medical men do not as a rule belong to brotherhoods, but if membership of religious communities entails autocracy in temporal matters, as well as spiritual direction, then nuns should realise that they are not suited for professional work.

*District Midwife.*—King's Patent Cooked Oatmeal can be obtained from the Albion Food Mills, Sycamore Street, London, E.C. It is very useful in maternity work, as, the oatmeal being already cooked, gruel can be made with only one minute's boiling instead of the lengthy process entailed when raw oatmeal is used.

*Country Matron.*—We are always glad to consider articles on practical nursing subjects for insertion in this journal if accepted. Only those engaged in active work at the present time can deal adequately with the most up-to-date methods of practical nursing.

*Certificated Nurse.*—We are informed that the next examinations of the British Gynæcological Society in Maternity and Gynæcological Nursing will take place in September next.

*Country Midwife.*—The Central Midwives' Board is charged with the duty of laying down the standard of education required for midwives in the future, but this will not affect those who have been educated in the past and who can prove that they have been working as *bonâ-fide* midwives and bear a good character.

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 Notices.

## STATE REGISTRATION OF NURSES.

The annual report of the Society for the State Registration of Trained Nurses is now published, and can be obtained on application to the Hon. Secretary, 20, Upper Wimpole Street, price 1'd., post free, or 7d. for six copies. All nurses should obtain a copy of this report, and acquaint themselves with the history and progress of the Registration movement. Application forms for membership of the Society can be obtained from the same address.

## OUR PRIZE PUZZLE.

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

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 The Whole Family

## BENEFITS BY PURE FOOD.

It has happened in a great many cases that one member of a family has begun the use of the scientific food Grape-Nuts, and some of the other members have taken up the food and, while enjoying its delicious flavour, have been cured of various ailments and diseases which had sprung from the use of improper food. A lady gives an instance of this. She says: "Our year and a half old baby has been changed by Grape-Nuts from an ill-nourished child, suffering constantly from colds and general weakness, to a fit subject for a baby-food picture.

"When we began to give her Grape-Nuts and milk we stopped all other foods, and the improvement was so rapid that we could note the change from week to week. Baby was made well and strong.

"But when I suggested it to my husband, who had chronic dyspepsia terribly, he said: 'I have dieted enough. A man may as well die as to live on health foods.' But I persisted, and one morning I served Grape-Nuts and cream to him. When he tasted it he was most agreeably surprised. For the first time in months his stomach and food agreed with each other, and since that time he has improved, until he is a staunch advocate of this delicious food.

"From our family the use of Grape-Nuts spread to our friends, and one in particular was very delicate and always sick. One day our physician, Dr. Ball, said to her: 'Go home and make it your business to eat Grape-Nuts. Eat it morning, noon, and night.' She followed the doctor's order literally, and frequently made Grape-Nuts into puddings and other dishes. The results have been a surprising gain in flesh, and she is now entirely free of all illness, nervousness, and is rapidly getting strong again." Name furnished by Grape-Nuts Co., 66, Shoe Lane, London, E.C.

There are scientific reasons why this food is as valuable to one member of the family as to another. It is perfect for athletes, yet at the same time is predigested, and no stomach is so weak it will not relish the food.

Served for breakfast direct from the packet with cream or milk it makes a delicious summer dish.

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