

A CENTRAL HOSPITAL BOARD FOR LONDON.

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

DEAR MADAM,—I wish to support what you say about the lack of expert domestic inspection by the King's Hospital Fund. When a Sister in a large London hospital, two amiable gentlemen came through my ward "inspecting." One asked the price of the bed sheeting, and Matron told him, at which he exclaimed greatly shocked, "Oh! my wife gets the servants' sheets at one-third of that price."

"Perhaps you use cotton; we find linen more economical," Matron suggested.

"I do not know," the amateur inspector replied.

There is the whole matter. *He didn't know.* Why are there not some experienced Matrons on the Council of the Fund, or, at least, why are not women with practical experience invited to "inspect." It is rumoured that certain influential official of this Fund consider "women should be kept in their own sphere," whatever that means.

A Central Hospital Board for London would be of very great utility, but it should be representative, and not a close borough. I have worked in several London hospitals and know how unequal from an economical standpoint are their various arrangements.

A WOMAN WHO OBSERVES.

Comments and Replies.

THE PARIS CONFERENCE.

The party of 41 ladies who are travelling together to Paris on Monday, 17th June, will do well to arrive at Victoria Station at 9.15 a.m., so as to allow time for weighing of luggage, etc. Messrs. Cook's representative will be at the Station to supervise the departure, and will travel to Paris with the party, so that they will have as little trouble as possible. The Lady Hermione Blackwood has most kindly consented to wear a green bow, and thus make herself known to Queen's Superintendents and Nurses, 10 of whom are included in the list, so that they may consult her if necessary.

Miss Edla Wortabet will wear a red bow, and has, with her usual kindness, offered to help any member of the party who requires it, so that all is now finally arranged, and the BRITISH JOURNAL OF NURSING wishes its party a pleasant journey and safe arrival.

The Hon. Officers of the International Council will be at the Normandy Hotel, 7, Rue de l'Echelle, after 8 p.m. on the 17th inst.

CONFERENCE TICKETS.

Conference tickets must be carried with the railway ticket on the journeys.

BADGES.

National Badges can be procured from Miss Breay, Normandy Hotel, 7, Rue de l'Echelle, Paris, by English, Scottish, and Irish members of

the Societies affiliated to the International Council of Nurses, who have not procured them from Messrs. Garrould. Price 1s.

Americans can procure their badge from Miss L. L. Dock, at the same address.

Gran.—To make albumen water, the whites of two very fresh eggs should be taken and well beaten as if for a sponge. To this a pint of warm (not hot) water which has been boiled should be added, and sometimes a little lemon juice is allowed. When this mixture has stood for a short time the clear water can be poured off, and is ready for use when cold.

Certificated Nurse.—A knowledge of *Materia Medica* is most desirable for every nurse. The "Text Book of *Materia Medica* for Nurses," by Miss Lavinia L. Dock, is a standard and most helpful work on this subject. It is published by G. P. Putnam's Sons, 24, Bedford Street, Strand, W.C.

Notices.

THE SOCIETY FOR THE STATE REGISTRATION OF TRAINED NURSES.

All those desirous of helping on the important movement of this Society to obtain an Act providing for the Legal Registration of Trained Nurses can obtain all information concerning the Society and its work from the Hon. Secretary, 431, Oxford Street, London, W.

OUR PRIZE PUZZLE.

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

Food and Study.

A COLLEGE MAN'S EXPERIENCE.

"All through my school days and first year in college," writes an ambitious young man, "I struggled with my studies on a diet of greasy, pasty foods, being especially fond of cakes and fried things. My system got into a state of general disorder, and it was difficult for me to apply myself to school work. I tried different medicines and food preparations, but did not seem able to correct the difficulty.

"Then my attention was called to Grape-Nuts food, and I sampled it. I had to do something, so I just settled down to a rigid observance of the directions on the package, and in less than no time began to feel better. In a few weeks my strength was restored, my weight had increased, I had a clearer head and felt better in every particular. My work was simply sport to what it was formerly.

"I could give the same account of many fellow-students who have made visible improvement, mentally and physically, by the use of this food."

Name given by Grape-Nuts Co., 66, Shoe Lane, E.C.—Advt.

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