

and, with proper guidance, serve it well, and they are appreciated by the patients among whom they work.

Were it possible to provide an adequate number of regularly trained nurses for work among the poorer classes, there would be no call for the Cottage Nurse. But at present there is such a call among the poor both in town and country; and it is to be hoped that the finding of the West of Scotland Branch of the British Medical Association will make it possible for the medical men of Govan again to work harmoniously with the Govan Cottage Nurses' Training Home. Without such co-operation, the training of the Cottage Nurses must suffer much, but the welfare of the suffering poor still more.

I am, Madam, faithfully yours,  
GEORGE HUNTER.

1, Bellahouston Terrace, Govan.

#### THE HOUSING OF THE POOR.

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

DEAR MADAM,—I had no desire to enter further into this correspondence, but on account of some opinions expressed by Miss Balfour in your columns of the 19th inst., perhaps I may be allowed to make some remarks. The last clause of Miss Balfour's letter is astonishing. She has apparently read some "insinuation" in Dr. Brown's letter, which practical people will fail to find. When a nurse attends a patient in a house of one room, or one room and a closet, inhabited by, say, a father and mother and five or six children, does Miss Balfour really consider that it would be quite decent (to say nothing of hygienic!) for a nurse to take up her abode with them?

In my humble opinion, far too much has been made by Miss Balfour and others of the great advantage of and necessity for a nurse living in the houses of the poor. Common-sense tells us that a nurse's physical health—whatever her training may be—would not stand it for long. In many poor homes there is no available sleeping accommodation, and no food to spare for an extra mouth.

While I was Superintendent of the Sutherland Association this fact was often brought forcibly before me. Although there was a rule that nurses should accept such accommodation and food as circumstances permitted, it was often utterly impracticable owing to the overcrowding and poverty, in many of the villages. The housing in those Sutherland fishing villages is exceptionally bad, and I do not for a moment mean to insinuate that on many estates in Scotland such dwellings exist, but I do know that in many a labourer's cottage there is "no way" for housing and feeding a nurse.

Miss Balfour has referred to Socialism. By her opposition to what is for the relief of the suffering poor, and her refusal to acknowledge that in sickness they should have the same skilled nursing as others who are in more favourable circumstances, she is doing much to foster an extreme form of Socialism, and to set in antagonism class against class.—I am, Madam, yours, etc.,

E. A. STEVENSON.

Trinity, Brechin, N.B.

## Notices.

### OUR PRIZE PUZZLE.

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

## A Food Trial.

### HE KNEW HE'D DONE "THE RIGHT THING."

Doctors are the first to admit that chronic dyspepsia cannot be cured by drugs. So long as your food is not properly digested every cell in your body is starved, and every organ is getting correspondingly weak. The only food that can reach these starved cells and pass quickly into the blood, is a food that is partially pre-digested so as to relieve the overtaxed stomach.

That is why Grape-Nuts food effects marvellous cures of chronic dyspepsia, for in this food the starch of the grain is partially pre-digested in the process of manufacture. Realise this fact, and remember that Grape-Nuts is a *complete* food, containing phosphate of potash for the brain and nerve cells, and energising grape-sugar for the muscles, and you will understand why a clerk living at Ilford, Essex, should write us as follows:

"After nine months suffering from chronic dyspepsia, under medical treatment nearly the whole of that time, and going about afraid to eat anything, I was persuaded to try Grape-Nuts. I took it with warm milk, night and morning, and after a fortnight I knew I had done the right thing, for I felt so much better. I have used it regularly since, and during my three months on this diet I have had no occasion to seek medical advice. This regular use of Grape-Nuts has also strengthened my digestion remarkably, so that at my mid-day meal I can now eat heavy food without any ill effects."

Name given by the Grape-Nuts Co., 66, Shoe Lane, London, E.C.

7d. per packet of your own grocer.

WARNING.—Imitations of Grape-Nuts are on the market, paying the retail grocer a special profit to push the sale.

If you really want a skilfully and scientifically made brain food, insist upon getting Grape-Nuts. Most grocers will promptly supply genuine articles without attempt to palm off something "just as good."

If your grocer tries to substitute some imitation "Nuts" for genuine Grape-Nuts, perhaps the other grocer down the street might serve you more faithfully.

If you find Grape-Nuts food a bit soft from the late damp weather, put it in an oven with the door left open and dry until crisp. Then add a sprinkle of sugar and some milk enriched with cream, and there you are, the finest breakfast food extant.—Advt.

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