

means the monopoly of the rich, or even of the highly born.

Many gentlewomen are so circumstanced that they must earn their living if they wish to preserve their independence, and in no class are good breeding, high intelligence and absolute trustworthiness more needed, nor, I am sure, more often found, than in the profession of nursing.

When we trained nurses read such a letter as that which you published last week, is it to be wondered at that we wish to obtain a definite legal status, and shut out the vulgar amateur?

Yours faithfully,

Glasgow.

"SISTER."

To the Editor of THE BRITISH JOURNAL OF NURSING.

DEAR MADAM,—May I, through the medium of your well-circulated JOURNAL, tender to the members of the V.A. Detachments my deep sympathy in having to acknowledge the writer of last week's letter as an equal in social position or a colleague in professional life?

I have worked with many of these ladies for the past year and, apart from the many good qualities which they have displayed, one could not fail to observe the willing and genial manner with which they have performed the most humble tasks.

"V.A.D.'s" character is most clearly stamped in her letter, and it makes one realise how evident it is that as "fine feathers do not make fine birds," neither does money, youth, beauty, nor even "education" always make a refined woman, although even a moderate education rarely leaves a person in so deplorable a condition as the lady in question. However, that is her misfortune and not altogether her fault, for surely no one in a normal state of mind would so disgrace the community to which she belongs as "V.A.D." has done.

Words cannot express how thankful I am that she cannot class herself as

A TRAINED NURSE.

To the Editor of THE BRITISH JOURNAL OF NURSING.

DEAR MADAM,—We, and I believe all V.A.D.'s who have read it, very much regret the motive which caused "a 'V.A.D.'" to write the letter you have published in your last week's JOURNAL. The great kindness and courtesy with which we have been received by all nurses, both in hospital and nursing home, has been splendid, and has helped to make our lives most happy.

We trust that if she is moved to write any further letters of the same type she will speak only for herself and not as if she were voicing the opinion of us all.

We think that a certain amount of the blame for the state of her circumstances, which cannot be happy feeling as she does, must rest with herself.

I remain,

Yours very truly,

B. E., V.A.D.

North Evington War Hospital, Leicester.

#### ECONOMICAL DISHES WITHOUT MEAT.

To the Editor of THE BRITISH JOURNAL OF NURSING.

MADAM,—A good deal of nonsense is talked about people being unable to change their diet after they have attained middle life. As Mr. Ernest Bell, the President of the Vegetarian Society points out, "there might be truth in this in the case of purely carnivorous animals, but with creatures frugivorous by nature and always more or less vegetarians by habit, the change can be made at any time if the mind is in it."

The foods containing the most nitrogenous matter, which is claimed to be the special element of butcher's meat, are the grains—barley, oats, wheat and rye, and the pulses—beans, peas and lentils. Housewives who are anxious to keep down their expenditure and yet provide tasty, nourishing meals, should obtain one of the numerous vegetarian cookery books, which contain a variety of recipes for making soups, entrées and puddings out of these food stuffs either crushed or ground, and baked, boiled, stewed, or fried, with the addition of eggs, butter, cheese, milk and all the usual vegetables and fruits. Cheese in particular is to be recommended as the best and most useful of all substitutes for meat. Weight for weight cheese contains more nourishment of a similar kind than meat itself.

The "craving" for animal flesh, which some people experience, is not an indication of the necessity for it as is commonly supposed. On the contrary, it results from a morbid condition of the mind and body, and will pass off under healthier conditions.

Yours faithfully,

DIETIST.

#### FRENCH FLAG NURSING CORPS.

Candidates for the French Flag Nursing Corps Service in France can be interviewed on Friday, June 16th, 2.30 to 4.30 p.m., at 431, Oxford Street, London, W., or by arrangement with the Hon. Secretary. Candidates must be well educated, and hold a certificate for three years' general training, which they should bring for inspection. Experience in fever nursing and massage, and a knowledge of French are additional advantages.

#### NOTICE.

The name of Miss Irene Sumner was by inadvertence attached to the article we published last week on page 476, entitled "Repatries." Will the writer kindly communicate with the Editor at 20, Upper Wimpole Street, London, W.?

#### OUR PRIZE COMPETITIONS.

June 17th.—Mention the principal symptoms of nervous exhaustion, and the nursing care of a patient suffering from it.

June 24th.—Describe the methods principally employed to apply artificial heat to a collapsed patient and how you would proceed.

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