

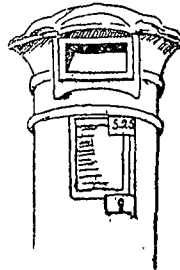
true to your womanhood, so that you may never sink in self-respect. It has been said that brutal crimes are seldom committed in a clean shirt. I am sure the purest virtues do not flourish under a dirty one. Be obedient, kindly, courteous, and above all courageous. Keep the rules because you are in honour bound to do so, not out of fear or self-interest."

I wish you could have seen her, Jean. I am lost in admiration at the contour of her beautiful head and throat and her marvellous enthusiasm.

"I think, Sister," I answer, "if I stay in your Ward it will be quite easy to live an ideal life—example is so inspiring. But I am terribly human; and outside, if things are wrong, false, unjust, is it right to bear it without a protest—to connive at it?"

Then we both gaze long and steadily into the fire, and when Sister Damian speaks again, she turns and looks directly into my eyes, and her own are sad. "Truth only can be your infallible guide," she says, slowly, "not I."

Then we both rise, and she bids me good-night, and there is peculiar warmth in the pressure of her hand. I leave her, feeling a responsible being, and not a chit of five, as I felt last night, after my interview with the Home Sister. My first day on duty has been a very happy one.—In haste, dear Jean, good-bye, your loving
PHYLLIS.



LETTERS TO THE EDITOR.

(Notes, Queries, &c.)

Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not in ANY WAY hold ourselves responsible for the opinions expressed by our correspondents.

We shall be happy to answer, as far as we can, all questions submitted to us.

WHAT SHALL WE DO WITH OUR NURSES?

To the Editor of "The Nursing Record."

Sir,—As no Hospital or Nursing Institution admits women after the age of thirty-five, and the Workhouse Infirmaries close their doors to all over forty, will you be good enough to help me to an understanding on behalf of the veterans in our ranks, as to what is the best way of spending the remainder of one's life *after* this period has been reached?

Then, looking at this question from a strictly commercial point of view, a man must indeed be fortunate if he manages to acquire a competency by the time he reaches his fortieth year; but what shall we say about "a poor Nurse," who can only just manage to live out of her scanty pittance? As Nursing unfits a woman for any other employment, and it is transparently clear that *experience* counts for nothing, hence my warrant in raising the question, "What is to be done with our noble army of veterans?" For "fame is fleeting," and good servants are soon forgotten by an ungrateful posterity and left in the ditch to perish there. Here, I take it, lieth the solution of the enigma, "Why is there so great a

A NURSING MOTHER'S TESTIMONY
FRAME FOOD DIET

The following letter has been received by the Frame Food Co.,

"TEMPLE VUE, BEESTON HILL, LEEDS, August 15, 1891.
"Sirs,—Some time ago I sent to you for a sample tin of your 'FRAME FOOD' DIET, and I now feel I ought to tell you of the benefit I have derived from taking it.

"I was at the time recovering from a severe attack of INFLUENZA, and nursing a baby of four months. I felt very weak every day, and suffered so much from weakness in the back, which was attributed to the strain of nursing the baby. Since taking your Food I have lost

ENTIRELY the FEELING of WEAKNESS, and my baby is growing a

SPLENDID FAT, FIRM, SOLID BOY.

"I take a basinful every night, and as I have taken no other kind of nourishing food, I am sure it is that which has done me so much good. I was taking oatmeal before, but had to give it up on account of its heating properties.

"I have recommended, and shall continue to recommend it to all my friends, as I am convinced it is the

BEST FOOD for a NURSING MOTHER.

"I am thinking of giving it to my baby when I wean him.

"I am, yours faithfully,
"R. E. T."

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Sample 1-lb. Tin sent Carriage Paid, with full particulars, for 1s. (Mention this paper.)

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