

THE ARMY NURSING SERVICE.

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

DEAR MADAM,—In carefully reading your comments on the new regulations for the Army Nursing Service, one recommendation made by the Matrons' Council—which was not adopted—is of the utmost importance to the discipline of the Service. The Matrons carefully avoided depreciating the status of the Army Sister by recommending that there should be Junior and Senior Sisters, and wisely did not suggest the term Staff Nurse as a title for Army workers. This may appear a small matter to outsiders and those Matrons of civil hospitals on the Nursing Committee, neither of whom have any experience in Army Nursing; nor, so far as we know, have they taken any interest in our branch of work until placed on the Committee—in consequence they have much to learn.

The fact is, there is no place for Staff Nurses in military hospitals, and the poor pay offered will not attract the class of woman most required. In the Army there is so much in status and name that women who would gladly join as Junior Sisters will not do so as Staff Nurses—the term "nurse" usually means one Tommy's wife who acts as Gamp to another. A Nursing Sister has acquired quite another grade of prestige. All this may sound very silly and selfish to civil nurses, but it is immensely important in organising an efficient Army Nursing Service, nevertheless.

Yours,

LATE ARMY SISTER.

 Comments and Replies.

E. W.—We think you would find the book on "Artificial Feeding, and Food Disorders of Infants" useful. It is by Dr. Cheadle, Consulting Physician to the Hospital for Sick Children, Great Ormond Street. It is published by Messrs. Smith, Elder and Co., Waterloo Place, price 5s. In "Practical Nursing," by Miss Isla Stewart and Dr. Cuff, published by W. Blackwood and Sons, price 3s. 6d., a chapter is devoted to the nursing and feeding of sick children, as is also done in Mrs. Hampton Robb's valuable book "Nursing: its Principles and Practice," published by W. B. Saunders, 925, Walnut Street, Philadelphia. Both these books would, we think, be of use to you. District nursing no doubt needs a distinct vocation. Assuming that you possess this, there is no life more thoroughly satisfying than one devoted to the care of the sick poor in their own homes. They are there seen in their best light, courageous in trouble, brave in physical pain, generous to their neighbours, to an extent that puts one's own more calculating charity to shame. The human interest of the work is very great, and the satisfaction of being able to afford skilled help to those who would otherwise inevitably suffer is often intense. We wish you well in your new work.

M. C., *Women's Hospital*.—The organisation of a profession is a very difficult matter. So many interests are involved, and each person is apt to view the question from her own individual standpoint instead of taking a broad and statesman-like view of it. We must submerge our own interests and consider only what is for the general good if the movement for the Registration of Nurses is to progress on a sound basis.

Certificated Nurse.—You should apply to the Matron-in-Chief, Q.A.I.M.N.S., Horse Guards, Whitehall. Enclose a stamped envelope for a reply.

 Notices.

A HELPING HAND.

The Editor will be greatly obliged if regular subscribers who receive an additional copy of this journal, will pass it on to some friend who is likely to be interested in the aims of the journal, and also if they will encourage their friends to become subscribers.

OUR PRIZE PUZZLE.

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

 A Girl's Problem.

 HOW TO FEED HERSELF WHEN RUNNING DOWN.

"I am a shorthand-writer and typist." That statement brings up a picture of long hours of tiresome indoor confinement, close mental concentration, and subsequent exhaustion and brain fag. Then comes up the food question.

A young lady writes, "Some time ago I was a shorthand writer and typist in a large city retail shop, and having the responsibility of the office-work resting largely upon me my health began gradually to decline, and I stood facing the difficult problem of finding relief of some kind or leaving my situation. Worry added to my trouble; I became dyspeptic and nervous and suffered with insomnia and restlessness at night.

"I was speaking of my illness one day to a trained nurse, who recommended that I begin a systematic diet of Grape-Nuts fully-cooked breakfast food at once, as she had seen its beneficial effect upon several of her patients who had suffered as I did.

"So I began to use my food conscientiously. It formed my entire breakfast with perhaps Postum Coffee or some other nourishing drink and a second dish was taken at the evening meal. In about two weeks' time I began to feel stronger and more hopeful; my digestion and appetite were better; I was less nervous and could sleep. I continued the diet steadily and soon courage and vitality began to revive and once more I began to think success lay somewhere in this big world for me.

"My work grew smoother and easier, and after seven months of this diet I could do almost twice the amount of work in a day and do it easily and without feeling exhausted.

"To-day I am filling a much more responsible position and do the work easily and satisfactorily. I attribute it all to Grape-Nuts, which I still continue to use. For a palatable and healthful diet, there is nothing on the market to equal it, and the fact should become of common knowledge." Name can be given by Postum Cereal Co., Ltd., Temple Chambers, Temple Avenue, London, E.C.

Grape-Nuts being a concentrated food, four teaspoonfuls with cream or rich milk will be found sufficient for the cereal part of the meal. Stewed fruit with Grape-Nuts sprinkled over makes a most charming dish.

Dealers sell at 7d. per packet,

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