

does, and I submit that a breach of propriety is involved in behaviour of this kind. I am inclined to think that at all times when a nurse wishes to go out with her male relations she shows better taste if she doffs her uniform. A woman's aim in the streets should be to be unobtrusive, and she is certainly far less noticeable, if accompanied by a man, when she is in private clothes. Such, at least, is the opinion of

Yours obediently,
MATRON.

BRIGHTON NURSING HOMES.

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

DEAR MADAM,—To judge from press reports in our local papers, it is high time that some sort of professional standard were set up in Brighton over nurses and nursing homes. Scandals are constantly exposed. The type of nurse seen along the Front is by no means of the best; many appear most untidy and undesirable, not to say flighty. The public need registration even more than the nurses, and it is to be hoped that the medical profession will take the matter up. The majority of nurses I have met do not appear sufficiently educated to understand the question.

Yours truly,
AN INVALID.

Comments and Replies.

Provincial Nurse.—Write for the Red Cross catalogue, published by Messrs. Garrould, 150, Edgware Road, Hyde Park, London, W., and for the special catalogue published by Messrs. Thomas Wallis and Co., Holborn Circus, E.C. These are very complete, and you would have no difficulty in making the required selection with their assistance.

Poor Law Nurse.—The only Government Department which at present has organised a Nursing Department is the War Office. Queen Alexandra's Imperial Military Nursing Service is governed by a Nursing Board on which the Matrons of civil hospitals have seats, and the direct control of the members of the Service is placed in the hands of a Matron-in-Chief. Sooner or later all Government Offices dealing with the care of the sick must adopt the same organisation.

Matron.—The appointments should rest with the Committee, as should also dismissals, but a committee is ill-advised which does not consult the Matron as to the applications received, and act upon her advice. From a professional point of view, they are wise to avail themselves of her expert advice, and from that of courtesy they should consult her as to the selection of her subordinates.

Superintendent of Nursing.—We do not think at the present time it is possible to insist that every trained nurse should have obstetric training. We have no organisation for the necessary arrangements. But, certainly, the standard should be aimed at, and Matrons of hospitals can do much by encouraging nurses to obtain this special experience after certification, and by allowing them leave of absence for this purpose if in the service of the hospital. In days to come a nurse will scarcely be considered trained who cannot give skilled care to a lying-in mother and her infant.

Notice.

CONTRIBUTIONS.

The Editor will at all times be pleased to consider articles of a suitable nature for insertion in this journal—those on practical nursing are specially invited. The Editor will also be pleased to receive paragraphs, such as items of nursing news, results of nurses' examinations, new appointments, reports of hospital functions, also letters on questions of interest to nurses, and newspapers marked with reports of matters of professional interest.

Such communications must be duly authenticated with name and address, not necessarily for publication, but as evidence of good faith, and should be addressed to the Editor, 20, Upper Wimpole Street, London, W.

THE "AMERICAN JOURNAL OF NURSING."

As a matter of convenience, our subscribers may send their subscriptions to the *American Journal of Nursing* through the publishing offices of this journal. The annual subscription, which includes foreign postage, is 10s. 6d., and should be sent in the form of post-office order or cheque, never in cash or stamps.

OUR PRIZE PUZZLE.

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

Hill Climbing.

FOOD THAT MAKES IT A PLEASURE.

"I have a large amount of laborious, brain fatiguing work to do," writes a young lady. "After returning from the office I have found myself so completely exhausted that I was unable to engage in any recreation or amusement.

"I tried several expensive tonics without effect, and finally noticing an advertisement of Grape-Nuts as a food recommended to brain-workers in place of porridge, I purchased a package and tried it. I found it extremely palatable, and after a week's use (two meals of it a day) I noticed a general improvement in my condition, the feeling of extreme exhaustion was growing less, and my strength visibly increased.

"I began to put on flesh, and felt ready to enter into the amusements of the other members of the family, and now, after using the food for eleven months, I am like a new person. I have absolutely no sensation of fatigue; my brain is clear, eyes bright, skin rosy and healthy, and my muscles have strengthened to a marked degree. I am now able to walk from the office home, a distance of 3½ miles, up one of the steepest hills for which our City is famous, and to engage in any amusements that may come in my way, without any sensation of extra fatigue.

"I am also using your Postum Food Coffee with excellent results. My sister-in-law writes me that she uses it also, and has not suffered from the distressing sick headaches she formerly had." Name given by Grape-Nuts Co., Temple Chambers, Temple Avenue, E.C.

[previous page](#)

[next page](#)