

hood of the union where they hold the post of attendant upon the sick, they easily enlist the sympathies of their pauper charges, who naturally resent being put out of their groove, and are opposed to the hygiene and cleanliness which the trained nurse insists on, so that disaffection and revolt are the consequences. The luckless trained importation either struggles bravely and hopefully to combat the difficulties, until, wearied and disappointed, she seeks change and a more congenial atmosphere, or she allows herself to become apathetic and tries to shut her eyes to the injuries levelled at her, until, cowed by the growing mischief, she retires beaten.

A fatal mistake is made by trained nurses when they consent to privileges being yielded to, and trust reposed in, the untrained worker which are their own prerogatives. They easily fall into this trap when they take alternate duty with the latter, who in their absence must be entrusted with responsibilities beyond her, and who makes good the opportunity to sow dissensions broadcast.

The L.G.B. distinguish between trained and untrained nurses, but local bodies fail to recognise a difference. Therefore it is our duty to approach the L.G.B. on this matter, and request them to instruct doctors and Boards of Guardians that, until trained nurses are accorded their rightful place, discontent will exist.

Yours,
AN IRISH NURSE.

Comments and Replies.

Nurse Simpson.—Foreign travel can now be indulged in at such reasonable rates that most people of average incomes can see something of other countries besides their own by a little forethought and arrangement. A holiday in Belgium is possible for the amount usually spent on a holiday in England at the seaside, and the memory of beautiful buildings and art treasures acquired in the course of a few weeks is an abiding possession full of pleasure. If economy is a consideration, the cheapest route is from Harwich to Antwerp. Antwerp is a store-house of beautiful things, and Ghent should on no account be missed. At the International Pensions you can stay for six francs a day or less.

Miss Evans.—Write to Dr. Aarons, 14, Stratford Place, W., for the conditions of the examinations of the British Gynæcological Society.

Candidate.—We certainly advise you to accept the vacancy in the hospital giving a three years' course. You would find yourself debarred from many appointments if you only held a certificate of two years' training, besides which, it is generally acknowledged that three years is the shortest period in which an adequate training can be given.

Nurse Clements.—You will find midwifery very trying work, as it is so irregular, and frequently means broken nights after a hard day's work. But it is work in which there is great scope for usefulness, and assuming that you desire to benefit your sex, you could scarcely find a better way of employing your talents.

Notices.

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.

Food v. Drugs.

A SALESMAN'S WISDOM THAT COUNTS.

He is a very shrewd man who learns that, although drugs are all right in their place, the use of proper food will make medicine unnecessary in the majority of cases. ("Travelling through various towns," writes a drug salesman, "drinking different waters to which I was not accustomed, eating strangely-prepared meals at irregular hours, I contracted dyspepsia, accompanied by nervousness, loss of sleep, and consequently loss of energy. I often had the 'blues,' that indescribably tough feeling which makes one look on the dark side of every picture, and see the shadows of life rather than the substance, imagine the thousand calamities that were never in existence, and so render life almost unbearable. Many thousands of men under the circumstances would have resorted to stimulation from drugs or liquor.

"I happened to read an article on Grape-Nuts fully-cooked cereal food about a case similar to my own, and determined to give the food a trial. It agreed with me from the start, and the miserable distress that usually came after eating did not manifest itself when I ate Grape-Nuts. I asked for this food at every hotel at which I stopped, and made it the principal part of the meal. My stomach soon got so that I could eat any kind of rich food in connection with Grape-Nuts without it distressing me. My dyspepsia and nervousness disappeared, and life looked bright and happy once more. I am now well, healthy, happy, and able to work sixteen hours out of the twenty-four, and can sleep like a healthy child the other eight hours.

"My family soon tires of mushy cereals, commonly served as porridge, but we never tire of Grape Nuts. The children thrive on it and enjoy it. You may publish this if you think it will encourage others to try Grape-Nuts instead of medicine or spirituous remedies that stimulate the system for a time but do not build it up."

Name given by Grape-Nuts Co., Ltd., Temple Chambers, London, E.C.

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