

in her sick wards, if her orders are countermanded and her suggestions disregarded, the sooner she leaves and lets things return to their old course the better. The authority of the Head Nurse should be beyond yea or nay. She should supervise, order and direct rather than work. Not that I would expect a well-trained, conscientious woman to stand idly by while her patients suffered. But it is essential in all institutions that one should guide. It strengthens and conduces to their well-being. If a complaint has to be made, there must be an authority to hear it. If a correction has to be given, it must come from that authority.

Another grievance is, union infirmaries are all understaffed. There are none so small wherein at least three nurses should not be employed—say one nurse to every fifteen patients, the principal treatment of whom should be solely in the hands of trained nurses. The old or untrained woman should be regarded as a head paid attendant or ward mistress, rather than a nurse—in fine, an intermediary between the trained nurse and the wardswoman.

Yours faithfully,
SUPERINTENDENT NURSE.

Comments and Replies.

Country Matron.—We shall be pleased to supply as many application forms as you can utilise for membership of the Society for the State Registration of Trained Nurses. Kindly let us hear from you.

Private Nurse.—Muslinette is a waterproof material which can be treated with antiseptics and also boiled. Of course, if instruments which have been sterilised are put into an ordinary leather case, their sterilisation is rendered useless. They are best placed in a metal case in a casing of muslinette. In addition, for travelling in hot countries this is obviously the best method, as leather "perishes" very quickly.

Miss Edmunds.—The busiest people are those who find most time to attend to requisite duties. We scarcely think the nurse exists who is not able to devote a certain amount of time daily to reading a daily paper, and once a week to mastering the contents of her professional journal. How else can she keep herself abreast with the times? And if she does not do this, how can she be efficient?

Provincial Nurse.—Certainly we should advise you to arrange to visit Berlin next year at the time of the International Congress of Women if you can possibly manage it. We are sure you will always be glad if you make an effort to do so.

A Puzzled Matron.—A Central Authoritative Nursing Council can only be created by Act of Parliament. Its duties would be defined in the same way. Some of them would undoubtedly be the definition of the minimum standard of nursing education and the institution of examinations, the passing of which, on producing satisfactory evidence of practical work from the training-schools, would entitle successful candidates to place their names on the Register of Trained Nurses.

Miss W. Robinson.—Write to Messrs. Garrould, 150, Edgware Road, Hyde Park, W., for their Red Cross Catalogue. It is copiously illustrated, and we think that if you consult it you will have no difficulty in selecting what you require.

Notices.

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.

OUR PRIZE PUZZLE.

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

A Rebuilt Solicitor.

FOOD THAT PUT HIM RIGHT.

It is easy to correct the bad effect of wrong eating if one will give it a little thought. Scientific food is just as pleasant to the palate, and, in the case of Grape-Nuts, is more delicious than improper food, and it makes a world of difference in health and spirits.

"Some three months ago," writes a gentleman, "I suffered terribly with indigestion; all kinds of food distressed me; sometimes I had a feeling of suffocation about the heart, especially at night. My sleep was broken, and I lost flesh rapidly.

"I commenced using Grape-Nuts fully-cooked cereal food, and the relief from indigestion was almost immediate, and in a short time entirely disappeared; my heart resumed its normal condition, and I attribute the cure entirely to Grape-Nuts.

"A well-known barrister of this city told me that he suffered from excessive nervousness, and before entering the court-room to try a case was obliged to resort to stimulants. I urged him to try Grape-Nuts, which he did with almost marvellous results; he not only gained flesh, but the nervousness left, and his former strength and confidence returned.

"I am convinced that Grape-Nuts gives strength to the body and vigour to the brain. It is worthy of the highest praise, and I will cheerfully answer all letters seeking information in regard to the food." Name given by Grape-Nuts Co., Temple Chambers, London, E.C. Remember Grape-Nuts food is most emphatically not a medicated food in any sense of the term; it is made of wheat and barley by scientific processes, and the only reason it helps to cure people is that they quit improper food and take a food in which the strong brain and nerve-building elements of Nature's grains are preserved and presented to the digestive machinery in a form that can be quickly and surely digested.

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