

of these complaints by qualified inspectors we transmit them to the proper authorities and watch each case until the evils discovered are substantially remedied.

Persons who are willing to assist in forming local committees, or becoming correspondents, can obtain full particulars from the office, 9, Southampton Street, High Holborn, W.C.

If sufficient support were forthcoming, the Association should in time be capable of great developments, such as promoting schemes for the acquisition of old cottages for repair and re-letting, and of land to be divided into gardens in villages where there are none and where the lack of space for the disposal of refuse, sewage, &c., is a severe difficulty and a menace to the health of the village and neighbourhood.

The work cannot be done without personal service and financial support, and we earnestly appeal for active interest and for annual subscriptions, large or small, from all who have the welfare of the country at heart.

E. S. LIDGETT, Hon. Treasurer.  
A. CHURTON, Secretary.

9, Southampton Street, High Holborn, W.C.

## Comments and Replies.

*Miss Ashby.*—Write to the Matron, Sir Julian Goldsmid's Home of Rest for Nurses, 12, Sussex Square, Brighton. It is advisable to write some time before you wish to be received there, as there is a great demand for vacancies at this time of year.

*Three Years' Certificate.*—We do not advise you to take up work as a maternity nurse if you have "no love for babies," though you are wise to have had this special training. Work that is not congenial is not work which you will do best, and you would probably not be so successful in that branch as you would in some other. No one knows better than an infant whether its nurse is sympathetic to it.

*District Nurse.*—We should advise you to pay a visit to Messrs. W. H. Bailey, of 38, Oxford Street, W., and inspect their bags which are fitted for district nurses and midwives. You would find them very satisfactory.

*State Registrationist.*—We shall print each Bill as it becomes law in this journal, so that those who desire to keep themselves abreast of nursing legislation can file these copies for reference. The North Carolina and the New Jersey Bill for the State Registration of Nurses have already appeared in these columns.

*Country Matron.*—We think the remedy for the difficulties you describe is the affiliation of groups of hospitals. They can, in conjunction, give a thorough instead of a partial training. It would, no doubt, be desirable, if it were possible to arrange it, for the committees of special hospitals so affiliated to select their Matrons from the graduates of the training-school with which they are affiliated, as this would tend to uniformity of education and discipline throughout the entire period of training.

*Certificated Midwife.*—Certainly you should procure a copy of the Midwives' Act, and acquaint yourself with its provisions before applying for registration. You surely would not register without knowing the regulations by which you will be bound!

## 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.

### 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 VIII.

## 'Ready, Start!

### AN ATHLETIC EVENT.

You want, everybody wants, brain and muscle, wind and stamina, and can get them if fed properly. This is an athletic age. The man or woman who is weak or sickly is not in the race; success socially or in business goes only to the strong and healthy. It is largely a matter of choice with anyone for proper living, and proper food will bring the prize.

An athlete tells of the good results he obtained from proper food; he says: "Last spring I began to train hard to become an athlete in track events and to grow stronger; I now know that what strength and victories I have secured are due to the use of Grape-Nuts fully-cooked cereal food. When in training for an athletic meet, I would just live on Grape-Nuts alone for three days before the event was to come off. During this time I have won six championship races out of two athletic meets. In a 300 yards run my time was 35 secs., and in the 75 yards dash the time was 9 secs., both being a good record.

"Grape-Nuts has given me a stronger mind and also bodily strength which no other food could have done in so short a time. I have gained strength in a most remarkable way since using Grape-Nuts.

"Members of our football team have a training table on which may be found first of all the 'athlete's favourite food, Grape-Nuts.'" Name given by Grape-Nuts Co., Temple Chambers, E.C.

[previous page](#)

[next page](#)