

week in relation to the above subject. If we wait for the training-schools to move on the Registration question we may wait till we are all in our graves, and I, for one, desire to see a Registration Bill passed before I occupy that position. Why is it so hard to get the training-schools to see the importance of the Registration movement? Just for the reason that your correspondent points out. The committees of these schools were never selected with a view to their taking a pioneer position on educational questions. They are chosen mainly for their position in the financial world. Their position as controllers of nursing education has been thrust upon them, so to speak, in addition to other duties which already fully occupy their time. I think we nurses must recognise this, and be ready to admit that, while hospital committees are most kindly-intentioned towards us, they do not, as a rule, understand our needs. How should they? When these are placed before them it appears to me that they almost always lend a willing ear. Indeed, it seems as if the views of committees on nursing matters are almost always those of their Matrons. I think, therefore, that in relation to the Registration question a great responsibility rests upon the Matrons of the training-schools. If they pointed out to the committees of the institutions with which they are connected the dangers to which the public outside the hospitals are subjected by the lack of any standard of nursing education, I do not think they would find men of business slow to appreciate the position. Indeed, we have evidence that this is so in the case of those Matrons who do take pains to put the matter plainly before their committees. The question is essentially one in which we nurses (and what is a Matron but a nurse in a responsible position?) must move for ourselves. We must be up and doing if we are to win the day.—Yours faithfully,

SELF HELP.

PUT YOUR BOW-WOW ON A CHAIN.

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

DEAR MADAM,—To-day is issued by the Home Office the Parliamentary report which professes to give the public full information and true information on the nature and number of experiments performed in England on living animals during 1902 by the licensed vivisectors.

May I be permitted once more to point out that we have it on the authority of the Home Office that the statements in this report are compiled from material furnished by the vivisectors themselves,* and that, inasmuch as no vivisector is likely to accuse himself of inflicting the slightest inconvenience on people's lost dogs that find their way to the laboratories and then die on the vivisection board, the public will do well to remember that under the present law a vivisector may operate on a dog in the privacy of his laboratory without any inspector being present, and that if he makes to the Home Office a report of what he has done, that report is drawn up by himself.

The subsequent incorporation of that report in a blue-book cannot possibly afford any protection to the dog from the extremest suffering, and perhaps in these circumstances those who own dogs that they are fond of will take the advice of the National Anti-Vivisection Society and not lose them!

Your obedient servant,

STEPHEN COLERIDGE.

* Hansard, July 8th, 1897.

Comments and Replies.

Certificated Nurse.—Apply to the Matron-in-Chief, Queen Alexandra's Imperial Military Nursing Service, 68, Victoria Street, S. W.

A London Hospital Probationer.—You would find the shoes of the London Shoe Company very satisfactory, both as regards comfort and wear. The company also repair boots and shoes which seem to have nearly finished their term of service in a way that makes them almost equal to new.

Provincial Matron.—See the article in our issue of June 13th by Miss Mollett on "County Hospital Nurses' Leagues."

Notices.

OUR PRIZE PUZZLE.

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

A Feeling.

GOOD FOOD MAKES IT.

No one so well knows the delicious feeling that comes from being well fed as the one who has suffered and then found food that really would digest and nourish.

Feed the body aright, and see the change. A lady writes: "Some years ago I had an attack of nervous prostration, and my vocation of music teacher being very trying, the nervousness affected my digestive organs so much that food could not be eaten without great distress.

"This had been my condition for years. About four years ago I had a heavy cold that went to the weak parts, and caused catarrh of the stomach. I took bottle after bottle of medicine, but nothing seemed to help.

"I was always hungry and unsatisfied, but nothing gave me strength, and finally I could not even take a sip of cold water without pain and nausea.

"I had reached that stage of not caring much to live, and still not quite sick enough to die, when I finally was induced to try Grape-Nuts. The food worked like a charm. There was no distress after eating, and I felt as if I had a little hold on life. That was the beginning of the end of my sickness. The nervousness gradually left me, and I became entirely cured of that dreadful disease, nervous prostration. I soon regained my usual weight and more, and have more colour in my cheeks, than I have had in years, and I give Grape-Nuts the credit. I could eat them three times a day. They are invaluable to me.

"With a breakfast of Grape-Nuts and cream, a roll, some fruit, and a cup of Postum Coffee I feel better and stronger than on any other food, and am better able to stand my work. I do not believe a more delightful summer breakfast than this can be found." Name given by Grape-Nuts Co., Temple Chambers, E. C.

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