

nurses come forward in thousands to support a Defence Union, and will send £5 if an Endowment Fund is started.

Yours truly,

DEFENCELESS.

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

MADAM,—The Matrons' Council will do a real good bit of work if it will inaugurate a Nurses' Defence Union. We need it much. The fact that in all the cases you mention last week where Matrons and Nurses have been attacked, and where they have defended themselves, they have in every instance won their case, shows that they were unjustly attacked, and would have been injured professionally had they not had the courage and the cash to fight. I am not a bellicose person, and believe with you that a strong Nurses' Defence Union would often preserve the peace. People think twice before attacking the strong, but are not so cautious of brow-beating the weak. Three cheers for the Matrons' Council!

Yours, AN IRISH NURSE.

[We hope our correspondents will attend the meeting in London on the 22nd inst. and help discuss this question.—Ed.]

THE DANGER OF UNCERTIFIED MIDWIVES.

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

MADAM,—I should be grateful for your advice as to the advisability of bringing a case which has recently come to my hearing before the Inspector of Midwives for the county. A certain unregistered woman has practised here for some years, and is still liable to practise up to 1910, I believe. Seeing how hard a time trained midwives for the most part get under the existing C.M.B. Regulations, and how severely they are punished for any lapses, I do not think such people should be allowed to go scot free. This woman was engaged to attend a confinement, knowing the patient to be suffering from dropsy in addition to other complaints. Such a case may not be undertaken by a certified midwife, nor would she care for the responsibility. The confinement was got over safely, but the patient died on the following day in a fit. Should any trouble arise from the case to this so-called midwife, a local doctor has promised to "See her through all right!" She is recommended by this same doctor, who detests anything in the shape of a trained or capable nurse.

Another medical man in the neighbourhood has been sent for by this woman on one or two occasions when she was likely to have got into a scrape had she not summoned a doctor's help. But she has done so once too often. He has refused ever to go at her call again, and will not help her out of any further mistakes. There is a great deal of trade unionism amongst doctors, and well that it is so, but I much regret to see how many are down on all trained nurses.

Your opinion as to what steps to take in the matter would be valued by

Yours very truly,

JUSTICIA.

[We should advise our correspondent to bring the case to the notice of the Local Supervising Authority.—Ed.]

Comments and Replies.

Anxious.—The chief factors of success in an examination are, first, knowledge of the subject; and secondly, self-possession. If you know your work there is no reason to be alarmed. Do not appear so. What the examiners desire to find out is who is efficient and who inefficient, that the former may be certificated as competent and the latter rejected. All success to you.

Provincial Matron.—You need have no hesitation as to the success of a League. In each instance when the initiative has been taken there has been an immediate response proving how desirous nurses are of retaining their connection with their former training school by means of one of these admirable self-governing associations.

OUR PRIZE PUZZLE.

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

Can't Take Meat.

WHAT A TRAINED NURSE EATS.

When a woman has nursed sick folk and has been seriously ill herself she is under no delusions about food. She knows what has helped herself and others to better health, and she writes short and to the point. Hence this letter from Monmouth:—

"I am a trained nurse, and I used to suffer terribly from gastritis, and had to live on milk and lime water for a month at a time while the attacks lasted, nursing all the time.

"About four years ago I tried Grape-Nuts and soon began to feel a different woman. I lost the dreadful sinking sensation I used to have before, and kept to the food. I still take Grape-Nuts twice a day, and never have one of my old attacks now. I may say I never eat beef, mutton, or solid meat of any kind. My friends could hardly believe at first that such a great improvement was due to Grape-Nuts alone."

Name given by Grape-Nuts Co., 66, Shoe Lane, E.C.

"There a reason for Grape-Nuts."

WARNING.—Imitations of Grape-Nuts are on the market, paying the retail grocer a special profit to push the sale.

If you really want a skilfully and scientifically made brain food, insist upon getting Grape-Nuts. Most grocers will promptly supply genuine articles without attempt to palm off something "just as good."

If your grocer tries to substitute some imitation "Nuts" for genuine Grape-Nuts, perhaps the other grocer down the street might serve you more faithfully.

If you find Grape-Nuts food a bit soft from the late damp weather, put it in an oven with the door left open and dry until crisp. Then add a sprinkle of sugar and some milk enriched with cream, and there you are, the finest breakfast food extant.—Advt.

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