

Four Prize Competitions.

The Editor offers the following prizes:—

FOR A PRACTICAL NURSING POINT.

- 1.—A Prize of 10s. for a Practical Point on Nursing of about 250 words. Articles competing for this prize must reach the Editor not later than February 1st. The name of the successful competitor will be published in our issue of February 8th.

FOR THE MOST INTERESTING FOREIGN LETTER.

- 2.—A prize of £1 10s. for the most interesting Foreign Letter of Nursing Interest, containing not more than 1,200 words. Letters competing for this prize must reach the Editor not later than March 4th. The name of the successful competitor will be published in our issue of March 14th.

FOR AN ARTICLE OF PRACTICAL VALUE TO MIDWIVES.

- 3.—A Prize of £1 10s. for the best Article of Practical Value to Midwives, containing not more than 1,200 words. Articles competing for this prize must reach the Editor not later than February 15th. The name of the successful competitor will be published in our issue of February 29th.

OUR PUZZLE COMPETITION.

- 4.—Details will be found on Page xii. of our advertisement columns. Competitors are asked to note that for the next three months the prizes given in connection with this competition will be "A History of Nursing" (two volumes), by Miss M. A. Nutting, Professor of Domestic Administration in Teachers' College, Columbia University, New York; and Miss L. L. Dock, Hon. Sec., International Council of Nurses.

CONDITIONS GOVERNING COMPETITIONS 1, 2, AND 3.

Each competitor must enclose with his or her article a sealed envelope, outside which is written the title of the article only, and inside the title of the article with the author's full name and address. The covering envelope should bear the words "Prize Competition."

The Editor reserves to herself the right to publish any of the articles received for the competition. In such event payment will be made at the current rate; such article to become the property and copyright of the BRITISH JOURNAL OF NURSING. In each case, in awarding the prize, illustrations accompanying the articles will be considered as giving them additional value.

All competitions must be addressed to the Editor, at 20, Upper Wimpole Street, London, W.

PRIZE PUZZLE.

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

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 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.

Vigorous at Sixty.

SIMPLY A MATTER OF DIGESTIBLE FOOD.

A Doncaster man writes:—

"Some years ago I began to suffer from severe biliousness and constipation, with pains in the stomach and headache after eating. I had recourse to several doctors without benefit, and gradually got worse. I also tried several patent medicines, but obtained no permanent relief, and it became a rare thing for me to get through a full week's work. Finally I gave in altogether. Food became distasteful, my stomach pains increased, and I gave up hope of ever being well again.

"Some eighteen months ago, however, I was induced to give Grape-Nuts a trial. Thank God, I did! The pains I suffered after eating at once decreased, and after continuing with Grape-Nuts for my evening meal as well as breakfast, I gradually regained perfect health. Now, at sixty years of age, I have lost all these dreadful stomach pains and am as hearty and vigorous as many a younger man. My two main daily meals still consist of Grape-Nuts, Sunday being the only day I take meat. I am sure that others who suffer as I did would reap the same benefit if they would only turn from ordinary indigestible food to Grape-Nuts."

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

The process of digestion is one form of expended energy. A dish of Grape-Nuts partially pre-digested food when you are run down by ill-health saves just this much actual and often difficult work, and gives the body that much more energy to be turned to other uses. Add to this the fact that 50 per cent. of Grape-Nuts is dextrin or grape sugar, the most highly energising of all food substances, and you'll understand why you get that buoyant feeling of well-being after a ten days' steady course of Grape-Nuts. There's a reason. See the "Road to Wellville" in each packet.

One can never know how delicious this food is until it is taken from the new covered packets. This cover is a special moisture-proof paper which preserves indefinitely the fresh crispness of the food as it comes from the factory ovens. Take no other. We protect the grocer against loss on packets not so covered.—ADVT.

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