

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 AN ARTICLE OF PRACTICAL VALUE TO MIDWIVES.

- 2.—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.

FOR THE MOST INTERESTING FOREIGN LETTER.

- 3.—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.

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.

A Sleepless Nurse.

GETS REST FROM AN EASILY-DIGESTED FOOD.

There is no more harassing occupation than that of a nurse. She carries her worries to bed with her and cannot sleep, or she snatches hasty, ill-prepared meals at unsuitable hours, and suffers all the agonies of acute indigestion. Then nothing can prevent a total nervous breakdown but Grape-Nuts food. The following letter from an experienced nurse, living at Leicester, tells how surely the easily-digested Grape-Nuts rebuilds the nerves, tones up the system, and induces natural healthy sleep.

"Your Grape-Nuts food," she writes, "is excellent for nerves and indigestion. It is surprising how sustaining the food is. I have been a hospital nurse for four years and nursing in private for six years, and my hours for meals and sleep have been varied and uncertain. About two years ago I got very run down. I was nursing a very anxious case, and many a night I did not take my supper till just before going to bed. This gave me indigestion, and I often did not sleep until after I had been up again to attend to my patient.

"After a while I tried Grape-Nuts for supper, 4 teaspoonfuls with a small tumbler of new milk. I could always sleep after that, and never required any more food till breakfast, even when called up three or four times during the night. I took Grape-Nuts again for breakfast, and although my work continued just as hard, and the worry and anxiety was just as great, I quite got the better of my sleeplessness and indigestion.

"I have never been without Grape-Nuts since. As a packet takes up so little room in my box, I always take one with me when I am called out to a fresh case, for I am sure I should get a return of the old troubles if I missed my breakfast and supper of Grape-Nuts."

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

See the "Road to Wellville" in each packet of Grape-Nuts, or write for a copy to be sent direct by mail.

There's a reason for Grape-Nuts.

Grape-Nuts food from the new packets is never "out of condition," for the moisture-proof paper around the packets keeps the food dry, fresh, and crisp. Accept only packets so covered.—ADVT.

[previous page](#)

[next page](#)