

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.

Notices.

THE SOCIETY FOR THE STATE REGISTRATION OF TRAINED NURSES.

Those interested in the efficient organisation of nursing should procure the Annual Report of the Society for the State Registration of Trained Nurses from the Hon. Secretary. Six copies, post free, 7d., or one copy 1½d. It gives a brief review of the history of State Registration.

All those desirous of helping on the important movement of this Society to obtain an Act providing for the Legal Registration of Trained Nurses can obtain all information concerning the Society and its work from the Hon. Secretary, 431, Oxford Street, London, W.

Taken Twice a Day.

A CERTAIN FOOD CURED CONSTIPATION.

Biliousness and indigestion bring constipation in their train, and if they continue health breaks down altogether. A South African woman who suffered greatly from this common complication tells all about her wonderful cure in the following letter:—

"After I was married (in 1900) I suffered agonies from biliousness, indigestion, and constipation for about two years, and my doctor ordered me down country to Cape Town. Here a friend served me with Grape-Nuts for breakfast daily, and I soon found that this palatable food was doing me good. I stayed with her for a month, eating Grape-Nuts twice a day, and felt a decided improvement in my condition. My vomiting and retching had ceased, the dizziness had gone, and my bowels were quite regular.

"On return up country I persuaded my grocer to get me Grape-Nuts regularly, in half-dozen packets at the time, and I have eaten this food always twice a day ever since. Grape-Nuts cost 1s. a packet here, but the food is worth it, every penny. I have given up medicines altogether, and I can now eat anything in the shape of food with Grape-Nuts without feeling any ill effects whatever. My health was never better, and my constitution is thoroughly built up again. This has all been brought about by the simple regular use of Grape-Nuts food twice a day."

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

If you are constipated, give Grape-Nuts and prunes, Grape-Nuts and shop currants, or Grape-Nuts and salad a ten days' trial night and morning and note results. You'll find your constipation quickly disappear by the regular use of this digestible whole-grain food with seasonable fruit and salad. Grape-Nuts feeds the nerves, and thus stimulates every organ in the body to healthy function.

There's a reason for Grape-Nuts. See the "Road to Wellville" in each packet.

Grape-Nuts food is certain to be dry, fresh, and crisp if one insists upon accepting only packets covered with the new moisture-proof paper. The makers take back from grocers the old packets which have not been so protected.—ADVT.

[previous page](#)

[next page](#)