

NURSES' CO-OPERATIONS.

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

DEAR MADAM,—I am desirous of obtaining some information with regard to the establishing of Nurses' Co-operative Societies and Associations to place it before a foreign medical man, who is endeavouring to establish a nursing home run by lay nurses on the co-operative principle.

Could you, or any of your readers, give me the necessary particulars as to pamphlets or reports on the subject?

Yours truly, ENQUIRER.

Three Prize Competitions.

The Editor offers the following prizes:—

FOR AN ARTICLE OF PRACTICAL VALUE TO MIDWIVES.

1.—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.

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 10th. The name of the successful competitor will be published in our issue of March 10th.

FOR THE BEST REVISION.

3.—It will be found on page xii. of our annual volume. Competitors are invited to note that for the next two months the "British Journal of Nursing" (two volumes) will be edited by Miss M. G. Stott, Professor of the "Nursing for Teachers' College," New York; and the "International Nursing Review," International

CONTRIBUTOR'S COMPETITIONS

Each contributor must send, with his or her article, a separate 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. This 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. If a contributor's article is selected, the necessary arrangements will be made at the time of publication in the BRITISH JOURNAL OF NURSING. The Editor reserves the right of awarding the prizes, and of publishing the articles without any further payment to the contributors.

All communications should be addressed to the Editor, at 1, Abchurch Lane, London, W.

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.

Can Eat Pastry Now!

A FOOD CURE FOR CHRONIC INDIGESTION.

The worst case of Chronic Indigestion yields to the right food. Leave off for a time all foods that disagree, and feed regularly on Grape-Nuts, and a cure is certain. Take proper food—not drugs. A lady at Bournemouth did this, and tells the result:—

"I tried Grape-Nuts for the first time five years ago, when I was suffering from chronic indigestion and headache. My appetite was then very poor, and the smallest quantity of the simplest food often disagreed with me. I quite dreaded meal times, and after eating was scarcely ever free from discomfort and headache. The slightest exertion tired me, and I weighed only five stone.

"I began with Grape-Nuts and a little bread and butter for breakfast, and found I could digest this quite easily. I gradually introduced the food at other meals, and found that Grape-Nuts wonderfully helped to the digestion of any other food with which it was eaten. My sister noticed the same thing, for she had never previously been able to digest cream, which never once disagreed with her, however, when taken with Grape-Nuts.

"I now weigh 6 stone 12 lbs., and can easily walk five or six miles without feeling at all tired. I enjoy all my meals, and do not experience any discomfort now even after eating pastry and other things, which I dared not touch before I began to eat Grape-Nuts."

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

When your digestion breaks down before heavy fare try a few simple meals of Grape-Nuts, the partially pre-digested food. This will rest and tone up the over-worked organs, and probably save you a big doctor's bill. The only safe and enjoyable meal to follow a heavy dinner or supper is a dainty breakfast of Grape-Nuts and fruit.

Now that Grape-Nuts comes in packets covered with moisture proof paper, the food is always dry, crisp, and delicious. Don't accept packets without new covers. We take back from grocers, old packets which have not been so protected.

There's a reason for Grape-Nuts. Ask Grocer for new Grape-Nuts Biscuits.—Advt.

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