

when he's 'vited to a tea party he specs a good tuck in of Bittish boufe, washed down wiv Bittish beer, and you knows what your friends thinks of you by the quality of the vittles. Thomas don't care for cat-lap teas, and goes 'ome. I want to go 'ome—I will go 'ome!" And she marched towards the door. Imagine the sensation produced on well-brought-up children by this speech! On them, of course, was lost the splendid innate self-respect and the glorious bold spirit. Her mother, poor, drooping lily, almost wept.

"It is not my fault," she pleaded, as they disappeared. "It's born in her; she's got the spirit of a Pankhurst!"

If I was a mother that is the type of daughter I should thank God for.

Yours sincerely, MAIDEN AUNT.

#### FROM A SYMPATHISER.

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

The Lady Superintendent, St. Faith's, Ealing, desires to acknowledge with many thanks the sum of 4s. from "A Sympathiser," South Africa, towards the Fund for the Sick Nurse mentioned in the issue of December 21st.

## Two Prize Competitions.

The Editor offers the following prizes:—

FOR THE MOST INTERESTING FOREIGN LETTER.

- 1.—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.

- 2.—Details will be found on Page xii. of our advertisement columns. Competitors are asked to note that for the next two 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 COMPETITION 1.

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.

## Comments and Replies.

*Vicar's Wife.*—Why not invite a Health Visitor to give a lecture at the Mothers' Meeting, say, once a month? It would be a most useful bit of work, and would be sure to be appreciated by the audience, whose practical difficulties are many.

## Brain Fag Banished.

### WORK A PLEASURE ON THIS FOOD.

A Devonshire schoolmaster was greatly concerned about food, and nothing he ate seemed to agree. How, through the help of his wife, he was able after much suffering to find the right food makes interesting reading.

"When single," he writes, "I had very little appetite, especially at breakfast. What I did eat always made me bilious. This was a great worry to me, because at 10.30 I had an empty, sinking feeling, and for the remainder of the morning went about half-dazed without the necessary strength to fulfil my duties efficiently. After dinner indigestion would set in, and at the end of the day I invariably felt very fatigued, fit for nothing but bed.

"About nine months ago I was married, and my wife was naturally much concerned at my poor attempts at making a breakfast. She got me some Grape-Nuts, and persuaded me to take this food with cream every morning, and from that time I felt an altered man. To-day I enjoy life and find a real pleasure in my work, and have the strength to do it properly. No sinking feeling now comes over me in the morning, and no fatigued feeling at the end of the day's work. Instead, I am ready for a country walk, private study, or any form of harmless social pleasure that may be proposed. My indigestion and brain fag have quite gone; I sleep better, and am not troubled with constipation as before."

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

Teaching imposes a great strain upon brain and nerve, and if health is not to suffer the delicate gray matter worn away by this harassing work must be regularly replaced. This is most surely and effectively done by feeding daily on Grape-Nuts, the partially pre-digested cereal food which is particularly rich in digestible phosphate of potash, from which, with albumen and water, the body manufactures this valuable gray matter for nerve and brain cells.

There's a reason for Grape-Nuts, and a ten days' steady trial will prove it. See the "Road to Wellville" in each packet.

Accept only packets with the new cover. Grape-Nuts food from the new packets is a revelation. Many write they never imagined the food was so delicious. It has always been just as delicate, nutty, and charming to the palate when first made, but the trouble was the moisture in the air.

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The makers take back from grocers packets that have not been so protected.

Just out. Grape-Nuts Biscuits and Wafers.—ADVT.

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