

Extra if nurse sleeps at hospital (per week) 0 10 6
(Laundry and travelling expenses extra.)

4. The salaries paid private nurses have varied from £20 to £30—the last nurse sent out received £30.

Yours faithfully,

W. D. HUGHES,
Secretary,

Swansea Hospital, Swansea,
December 15th, 1902.

It will be seen that section (c) of Mr. Brook's report still leaves the door open for utilising probationers as private nurses. This is, we contend, unjust to the women who enter for training, also to the public, who pay for a trained and certificated nurse, and not for a pupil nurse. Supervision as suggested by Mr. Brook is quite futile, as no medical man has time to *supervise* the nurse's work at private cases.

Our advice to the Committee of the Swansea Hospital is to make it a strict rule that no nurse is sent out to nurse in private families who does not hold the three years' certificate of the hospital after examination, and that no exception be made under any circumstances whatever.—[Ed.]

Comments and Replies.

Certificated Nurse.—The essential difference between a monthly nurse and a midwife is that the former undertakes work only under medical direction, whereas a midwife assumes the conduct of cases of normal labour, that is to say, the diagnosis of the position of the child in the uterus, and of the conditions present in the mother as regards child-bearing. If any abnormal condition occurs, before, during, or after delivery, it is the duty of the midwife to send for medical assistance; she must, therefore, be able to recognise any abnormality. When a monthly nurse is employed a medical practitioner is responsible for the treatment of the case, and should always be notified of the beginning of labour. The duties of the monthly nurse begin with the birth of the child, but she should possess knowledge which will enable her to deal with emergencies if medical assistance is not at once obtainable. In our view monthly nurses should always have received general training before taking up this special branch. We should suggest that you ask your Matron for leave of absence for the purpose of obtaining this training, which we are sure will be very valuable to you.

Mrs. Bailey.—The care of the hair receives far too little consideration from many persons. When it falls out considerably it is probable that the general health is below par, and consequently is an indication that medical advice should be sought. Very often persons delay seeking advice for diseases of the scalp, until too late to obtain the best results from treatment.

Laywoman.—The work of nursing is arduous and responsible, and no one should attempt to take it up who is not willing to devote years of her life to hard work and study in order to qualify herself. A "born nurse" is presumably a person who possesses natural aptitude for the work, and it is certain that without this aptitude training is useless; but, equally, this quality is wholly insufficient without special education, just as talents for music and drawing require a basis of technical knowledge, gained only by prolonged study, if they are to be utilised aright. Three years' training in a well-organised general hospital is the least which can be held to qualify as a nurse.

Notices.

EDITORIAL RECIPROcity.

We are informed that many nurses in America do not subscribe to this journal because of the trouble of obtaining a foreign money order, and *vice versa*, with English nurses in reference to the *American Journal of Nursing*. The Editors of these two journals, whose aims and policy are identical, have therefore arranged to make things easy for these busy nurses, and, to save trouble, will receive and forward subscriptions. Thus any subscriber to this journal wishing to subscribe for the American journal may send the 10s. 6d., with the address to which she wishes the journal sent, to The Manager, BRITISH JOURNAL OF NURSING Office, 11, Adam Street, Strand, W.C., and it will then be duly forwarded to the publishing office of the American journal at Philadelphia. Thus a cheque for 17s. will enable those interested in nursing matters to receive both journals for twelve months without further trouble.

A HELPING HAND.

The Editor will be greatly obliged if regular subscribers who receive an additional copy of this journal, will pass it on to some friend who is likely to be interested in the aims of the journal, and also if they will encourage their friends to become subscribers.

Strength and Food.

THE FIRST COMES FROM THE LAST.

When proper food is used in sickness the recovery is much more rapid and sure, and a food that is good and easy of digestion is right for anyone.

A lady was taken ill with nervous prostration and heart trouble about a year ago, and for weeks it seemed that she could not live.

She says: "The medicine I took for my nerves and heart injured my stomach, and I grew steadily worse, until I could retain nothing. For weeks I was kept alive on one teaspoonful of beef-tea and one of lime-water every hour, and after a while I could not even continue that. I grew weaker and weaker, and finally was compelled to use sweet oil to feed the bowels, until one day my daughter suggested that I try Grape-Nuts fully-cooked cereal food dry, as I could not retain anything moistened. After the third day I began to steadily mend, and for weeks and months I ate them three times a day.

"When I began eating Grape-Nuts I weighed 5st. 5lbs.; now I weigh 7st. 12lbs., and am doing my housework and eating nearly any and every thing. I tell everyone I hear complain of indigestion to try Grape-Nuts, and many have on the strength of my cure." Name can be given by Postum Cereal Co., Limited, Temple Chambers, Temple Avenue, London, E.C.

Grape-Nuts served with cream or rich milk makes a charming dish. Let the spoon take up cream and dry food at the same time; this furnishes an article that must be chewed, and thereby brings down the saliva, so essential to good digestion. A sprinkle of sugar can be added if desired.

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