

higher motive, without real sisterly kindness, one to another, without some sense of professional unity, without some appreciation of public duty amongst the members of a "Co-operation"—the very best that co-operation has to give is altogether missing in these societies.

We want the *spirit of unity* as well as material benefits, and it is just this inspiring influence which our committees have failed to inculcate. Who ever heard of the Committee of the Nurses' Co-operation encouraging the nurses to take sisterly counsel together for the general good, either of our profession or the public? Indeed, when were we ever encouraged to suppose we had any duties apart from our own commercial benefit? I have looked in vain in our Annual Report for one word of encouragement in reference to higher things. Success means cash—and cash alone. Surely this is a very material plane on which to rest. It is a plane on which a nurse is bound to deteriorate. I write as I know. There is so much that a true woman longs for, for which cash cannot compensate, that if our Co-operations of Nurses are to fulfil their duty to us—and our colleagues at large—they must consider the living spirit which can alone inspire these societies of working women with a standard of life and conduct worthy of our high calling. We ask for bread—we are given a stone. It is time the Co-operations of Nurses roused themselves to a sense of public duty, and demanded that a high sense of professional duty, sympathy with fellow-nurses, an intelligent knowledge of and interest in the progress of professional affairs, should be encouraged in every member, as well as an interest in the balance-sheet. It is high time every Nurses' Co-operation formed a League, so that by affiliation with other Leagues we might feel ourselves members of a united profession, and not, as at present, mere floating inchoate atoms, wafted about in space, without aim or object. Many of us feel strongly that our Co-operation was not represented at the great International Congress at Buffalo. Let the Committee see to it that we take our rightful place amongst the trained nurses' societies of the world next year at Berlin.

Yours, with gratitude,
CO-OPERATION.

[We second our correspondent's suggestion that the nurses on the Co-operation should form a League; with past and present members it would be a most influential body.—Ed.]

Comments and Replies.

District Nurse.—You would find Pirle-finished material very satisfactory for your cycling skirt, as cloths so treated do not mark or cockle with rain. Only be sure that you obtain the genuine article, which may be known by the stamp of "Pirle" finish on the selvedge. A really good thing generally has a host of imitators, and worthless imitations of this excellent invention are now being offered. Therefore, when you ask for a Pirle-finished cloth be sure that you get it.

Private Nurse.—We should suggest Sulphume, which is well known as an effective aerial disinfectant. It may be obtained from A. Boake, Roberts and Co., Ltd., Stratford, London, E.

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.

OUR PRIZE PUZZLE.

Rules for competing for the Pictorial Puzzle Prize will be found on Advertisement page VIII.

Food for Sleep.

A SURE WAY TO COMFORT.

The right kind of food will restore any weak stomach. It is better off without drugs, and a little judgment in selecting easily-digested food will effect a cure.

A man, upon recovering from a severe attack of nervous prostration, says:—

"The principal trouble was an intensely irritated condition of the stomach, so severe that diluted milk would cause a sensation as if molten lead had been swallowed. At length, I began to study my own case, and abolished drugs, and commenced experimenting with my diet.

"Grape-Nuts ready-cooked porridge was brought to my notice, and I found it very palatable, and as a regular morning dish in place of porridge it met all the requirements, and sustained me until mid-day. After using Grape-Nuts a week, physical discomfort grew less, my strength began to return, and I gained steadily in weight.

"Along with all these improvements came good, peaceful sleep, which had been so flighty a visitor, and with it came returning hope and ambition; and now, with perfect health, it gives me pleasure to give Grape-Nuts the credit it deserves." Name given by Grape-Nuts Co., Temple Chambers, E.C.

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