

HOME WORK.

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

DEAR MADAM,—Why should comfortable, well-to-do people always be interfering with the personal liberty of the poor—from his Lordship the Bishop, to his humble helper, the philanthropic spinster? Take the agitation about the barmaids. One hundred thousand of these bright, and for the most part honest, women, are to be hustled off the industrial field, just because their environment is not highly moral. Point out to me the environment of the poor woman worker that is? I have been a worker amongst the poor for many years, and do wish they could be left alone by well intentioned, well fed people, especially that they should not be interfered with where Home Work is concerned. Miss Edith Lawson, the Secretary to the Home Workers' League, writes some sense on this question. She says:

"People who have not had much industrial experience naturally think that it must be better for a woman's health that she should work in a large workshop than in her own small room, however clean and airy. I thought so myself till I began to go into these large workrooms. The necessary cubic feet of air are there right enough, but, oh! the heat and the noise of the machinery. As one watches the workers one wonders what sort of nerves their offspring are likely to inherit.

"Another disadvantage of factories is that in them women of all ages have to sit for such long hours on a hard seat without any back. At home they can, and usually do, sit at work in comfortable chairs and keep an eye on their children. And here we come to the greatest advantage of home work, and surely at a time when the rate of infant mortality is so high it behoves us to encourage women to stay at home and not 'drive them into the factories.'

"The *Lancet*, speaking of the high rate of mortality among infants in the mill districts, draws attention to the dangerous practice of giving babies soothing syrups and other opiates, and says 'the briskest sale is where the women work from home.'

"Another great advantage of home work is that it helps the poor through bad times and supports the old, infirm, or crippled, and those not strong enough for factory life; irregular workers such as these and those who only work for part of each day would be the first to suffer if the Home Work Regulation Bill were passed."

A DISTRICT NURSE.

A PRACTICAL QUESTION.

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

DEAR MADAM,—Can any reader of the BRITISH JOURNAL OF NURSING recommend a paint which, used for names of ointments, etc., on china pots, will not smudge?

I tried artists' lampblack (oil paint). It dried and seemed satisfactory for a time, but is now smearing under the fingers of two new little Indian pros.

Yours truly,

Kashmir.

"TAURUS."

Notices.

THE PARIS CONFERENCE TERMS FOR PARTY OF THIRTY.

For a party of not less than 30 passengers to travel as follows:—Leave London by day service, via Dieppe, to Paris, on Monday, June 17th, accommodation to commence with dinner at the hotel on arrival in Paris.

Monday, June 24th.—Accommodation to cease with breakfast; party to travel by day service to London, via Dieppe, travel tickets 2nd class (first class, if required, on boat extra).

Comfortable hotel accommodation, consisting of plain breakfast, lunch, and dinner, bedroom lights, and service, transfer between station and hotel in Paris, and the services of one of Messrs. Cook's representatives from London until arrival at Paris. Fare £5 2s. 6d. for each passenger.

Thus members of this party will provide their own food on the journeys, and pay excess on boat if they wish to travel first class.

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.

Stronger than Meat.

A JUDGE'S OPINION OF GRAPE-NUTS.

A gentleman who has acquired a judicial turn of mind from experience on the Bench, writes a carefully considered opinion as to the value of Grape-Nuts as food. He says:

"For the past five years Grape-Nuts has been a prominent feature in our bill of fare.

"The crisp food with the delicious, nutty flavour has become an indispensable necessity in my family's everyday life.

"It has proved to be most healthful and beneficial, and has enabled us to practically abolish pastry and sweets from our table, for our children prefer Grape-Nuts and do not crave rich and unwholesome food.

"Grape-Nuts keeps us all in perfect physical condition—as a preventive of disease it is beyond value. I have been particularly impressed by the beneficial effects of Grape-Nuts when used by ladies who are troubled with face blemishes, skin eruptions, etc. It clears up the complexion wonderfully.

"As to its nutritive qualities, my experience is that one small dish of Grape-Nuts is superior to a pound of meat for breakfast, which is an important consideration for anyone. It satisfies the appetite, and strengthens the power of resisting fatigue, while its use involves none of the disagreeable consequences that sometimes follow a meat breakfast." Name given by Grape-Nuts Co., Ltd., 66, Shoe Lane, London, E.C.

There's a reason.—ADVT.

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