

sociation, and have been submitted to, and approved of, and the facts stated therein vouched for by the committee of the Association before publication.

With reference to the Duchess's desire for co-operation between the Matron and the local medical men, I have been authorised to state on behalf of the Association that there can be no such co-operation until the affairs of the Home have been put in order, and the reforms in the constitution and management of the Home suggested by the Medical Association have been adopted by the Executive Committee of the Home, and made effective.

There is much more in the Duchess's letter which is open to criticism, but this letter has already run to greater length than was first intended. Before closing, however, there is one other part of her letter to which I would refer. She says that "a so-called 'fully trained' nurse may lack the essential personal qualities which make or mar a nurse, qualities which no examination can test, and which, if possessed by an intelligent nurse with only a short training, may make her the better nurse of the two." That is a truism which no one will deny, but I fail to see how that can be urged as a justification for a short period of training, or for a partial training. The question is not one of examination, but rather of training. No one will deny that a fully trained nurse may lack the qualities referred to. Neither will anyone deny that a partially trained nurse may also be lacking in these same personal qualities, for surely the Duchess does not claim that all the partially trained nurses sent out from her Home are paragons in that respect. That being the case, of the two, the one with the full training must of necessity be by far the better nurse. Training may to a certain extent compensate for defects in personal qualities, but lack of training never can. Instead, therefore, of being a reason for short and partial training the Duchess's truism is rather an argument in favour of the fullest training possible. The remainder of Her Grace's letter I may leave to the judgment of your readers. As a piece of specious sentimental pleading such as might emanate from a lawyer on behalf of a cause which cannot be supported by reason it is very good, but it cannot prevail against hard facts and will hoodwink no one.

I am, Madam, yours, etc.,

FORBES BROWN, M.B.

Govan Medical Association.

THE NIGHT NURSE.

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

DEAR MADAM,—I hoped that a more capable writer would defend the night nurse, but since no one has done so, I will do my best.

I have asked other nurses if they could sleep on night duty; one said, "I find it as much as I can do to sleep in a bed; anything less comfortable would be impossible"; another said, "Is that a riddle you're asking?" the third was insulted, so I asked no more. But to take the lowest view of the case, if a nurse dozed all through the night

how would she sleep in the day? It is difficult to sleep in the daytime if you have been working all night, but if you have been dozing it would be impossible, and I think few people would spend six or seven hours in the day trying to sleep.

I may have been particularly fortunate, or, as I like to think, have just met the average nurse, but they have all been too anxious about their patients to make sleeping on duty a possibility.

If one's patient does not require much attention surely it's a grand opportunity for writing all the letters a nurse always owes, for mending one's clothes, and for reading, at least I always like night duty for that reason, for I seldom find time for reading, except on night duty.

Yours truly,

MARY HARVEY.

Notices.

OUR PRIZE PUZZLE.

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

Twenty Working Hours!

FOOD HELPED HIM THROUGH.

"If you ever require a testimonial as to the beneficial effects of Grape-Nuts as a preventive of headache or fatigue, I shall be very pleased to forward one," writes a Berkshire chemist.

"I was troubled for years with severe headache, but since using Grape-Nuts regularly I am in a position to say that no drugs have helped me to the extent that Grape-Nuts has done. In connection with the opening of a branch business, I worked for two months at a stretch from 18 to 20 hours a day, and I attribute the fact of being able to stand this extraordinary strain and feel none the worse for it to the regular use of Grape-Nuts."

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

You can do things, too, on the right food. Try a breakfast of Grape-Nuts and cream and eggs for ten days, and note the effect.

There's a reason.

WARNING.—Imitations of Grape-Nuts are on the market, paying the retail grocer a special profit to push the sale.

If you really want a skilfully and scientifically made brain food, insist upon getting Grape-Nuts. Most grocers will promptly supply genuine articles without attempt to palm off something "just as good."

If your grocer tries to substitute some imitation "Nuts" for genuine Grape-Nuts, perhaps the other grocer down the street might serve you more faithfully.

If you find Grape-Nuts food a bit soft from the late damp weather, put it in an oven with the door left open and dry until crisp. Then add a sprinkle of sugar and some milk enriched with cream and there you are, the finest breakfast food extant.—Advt.

[previous page](#)

[next page](#)