

[We regret that a long letter from Miss Balfour, Whittingehame, on the above subject, is unavoidably held over until next week. We are glad to publish the views of any one of our readers, but we should be glad if they would state them as briefly as possible.—Ed.]

OPINIONS INVITED.

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

MADAM,—I should like to ask through your valuable paper if it is usual to offer a permanent appointment to a nurse engaged temporarily through a nursing home?

A nurse was engaged through me to take temporary duty at a Workhouse Infirmary, the engagement being stated as possibly lasting a month. She gave every satisfaction, and, a suitable candidate not being found, she was called in at a meeting of the Board of Guardians, and offered the appointment. This she refused to accept on account of her agreement with the Home, afterwards telling me of it, and being duly congratulated on the compliment.

I supposed the incident ended, and was much surprised on the next meeting of the Board, by one of the Guardians calling at the Home, saying that the appointment being again offered to the Nurse, she had expressed herself willing to accept if released from her agreement with the Home, this being my first intimation of her intention of taking this course.

I should much like the opinion of your readers. Would it not have been more usual for the Guardians to have first told me of their wishes, giving me an opportunity of expressing my views, before unsettling the nurse?

Yours faithfully,

A SUPERINTENDENT OF PRIVATE NURSES.

[Provided that the nurse fulfilled the terms of her contract, we do not think it possible to prevent posts being offered to her.—Ed.]

Comments and Replies.

Lifting, Bedford.—In lifting a patient the hands of the lifters should be clasped below the shoulders and under the thighs. By this means moving is most easily effected. If the patient is able to press his head and heels into the bed at the same time he can materially assist.

Colonial Nurse.—Nurses whose duties are likely to bring them in contact with small-pox cases require re-vaccination, as the protection afforded by vaccination gradually fades. Dr. F. W. Andrews points out that vaccination is effective in preventing the development of small-pox, even if performed two and probably three days after exposure to infection. No one, he says, need object to being re-vaccinated, for if it is not required it will not take.

Mrs. Porter.—Write to the Matron of the hospital you mention, enclosing a stamped envelope for a reply, and ask her if she will appoint a time for an interview.

Notices.

OUR PRIZE PUZZLE.

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

The Liver Wrong.

BUT GOOD FOOD PUT IT RIGHT.

To feel right is, after all, only a question of feeding right. A man who has had his share of ill-health makes this point quite clear. He says:

"About eighteen months ago I thought I was on my last legs, so low had I been brought by long-continued nervous dyspepsia and a very acute attack of congestion of the liver. Every food, liquid or solid, that I took disagreed with me, and our doctor pronounced my case practically hopeless.

"Then I came across an advertisement of Grape-Nuts, and was persuaded to try a packet. I soon noticed a slight improvement, so I steadily persevered with its use, until now I am practically a new man. My head is clearer, spirits brighter, and my digestion, the first time for many years, is quite sound.

"It seems hardly true that this should all have been brought about by a regular use of Grape-Nuts. It is quite plain that what I needed all along was simply the right kind of food. But no one told me this, and I did not realise it myself until I stumbled on Grape-Nuts."

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

You'll read more about health and food in the little book, "The Road to Wellville," in each packet of Grape-Nuts. Remember, Grape-Nuts is a scientific food that contains just those valuable substances that the brain and nerve cells of the body need, also that the starch has been changed into easily digested grape-sugar which the muscles readily convert into human energy.

7d. per packet of your own grocer. It's worth while.

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.

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