

nurses seems almost universal in the lay mind (that is, midwives are supposed to be trained nurses by instinct without any training or experience in their duties), might I make the suggestion that they should adopt a distinctive uniform; they now wear that of a nurse.

Midwifery is now a State protected and honourable profession, and the majority of the practitioners do not wish to be classed as nurses, as nursing is still a very disorganised domestic occupation, with no legal status at all. Well trained and experienced midwives, if working in villages, should decline to be called "nurses," which they are not. Those ladies who control County Nursing Associations are ignoring the law in preventing certified midwives from attending straightforward births without the consent of a medical man. It would be much more honest to call midwives by their legal title, and find some other name for those who are not.

Yours truly,

A CERTIFIED MIDWIFE.

[This correspondence must cease after next week.—Ed.]

THE SOCIAL SERVICE NURSE.

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

DEAR MADAM,—I think the Social Service Nurse described in the interesting foreign letter in your columns last week is a grand institution. One's heart often aches over the patients who come to hospital for treatment, and one knows quite well that the fight with disease and ill-health is almost a hopeless one, because of the conditions under which the people live. We give drugs, where really fresh air and good food are needed, because the hospital dispensary can provide the one and not the other. They may relieve symptoms, but after all it is not scientific to relieve symptoms and leave their cause untouched, and I am sure that many of the overworked doctors who struggle to alleviate the sufferings of men, women, and little children, who flock to our out-patients' departments, realise fully that the social conditions of the people, oftener than their defective constitutions, are to blame, and would be thankful for the co-operation of the social service nurse. I hope she will soon be a recognised official in connection with all our principal hospitals.

Yours faithfully,

AN OUT-PATIENT SISTER.

Comments and Replies.

Miss A. L. B.—Write to the individual firms for their catalogues. There is no inclusive catalogue published.

Perplexity.—The "Short Manual for Monthly Nurses" has been revised and enlarged in the sixth edition, which accounts for the enumeration of items not mentioned in your edition. Is there any malformation of the nipple which makes it difficult for the infant to draw the breast? You

should consult a medical practitioner if the child persists in refusing one breast while taking the other. Perhaps if the second child you mention missed an occasional feed it would be more ready for the next. It is a mistake to let one feeding time extend nearly to the next, as the stomach does not get the rest it requires.

D.F.—We should advise you to consult the Matron of the Royal United Hospital, Bath, who would be in a position to give you the information you desire.

Notices.

OUR PRIZE PUZZLE.

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

Gaining Weight

ON A NEW STAPLE FOOD.

"I am a chemist by profession," writes a Rochdale man, "and about two years ago I became very much troubled with indigestion, caused through close confinement and long hours in the shop. I tried various drugs and patent medicines, but they only ruined my teeth, and I became really afraid to eat anything, and felt awfully weak and run down.

"After trying nearly all the peptonised foods I resolved to give Grape-Nuts a trial. From my point of view this food was a thorough success. The pain I had formerly suffered after eating vanished, and I began to gain weight. To-day I am several pounds heavier, and feel a deal better. Grape-Nuts is still my staple dish for breakfast and supper."

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

Grape-Nuts is a partially pre-digested food. It leaves the stomach in one hour after eating, and is quickly absorbed into the blood. Bread, meat, cheese, and other heavy foods remain from three to four hours in the stomach. This speaks for itself.

A ten days' trial of Grape-Nuts will convince.

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](#)