

intellects, but rather showed that they were healthy-minded, level-headed women, who, when off duty, were capable of joining the world and enjoying it.

The Conference was short, much too short. I should like to have had a whole month of it. I never had a happier time—"Roses, roses—the sweetest of roses—all the way!"

EDLA R. WORTABET.

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

As an Australian, I would like to express the pleasure I have felt in being able to attend the Conference meetings held in Paris.

It has shown me what may be done by co-operation, and why we in the far-away country must become a part of the International Association. My one regret is that more of our nurses could not share in the pleasure and benefit of hearing what our nursing sisters have accomplished in other parts of the world, and thus be fired with the zeal to themselves work with it in raising the standard of our profession.

The advantages of a Superintendents' Society have appealed to me very strongly, for it is only by the interchange of ideas and experiences that the best can be reached, and through this influence will come the desire of the nurses of our training schools for effective co-operation.

I trust Australasia will be more widely represented at the next International gathering.

WINIFRED HAY.

#### QUALIFICATION OF WOMEN BILL.

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

DEAR MADAM,—No working woman, such as a journalist or a trained nurse, can have read the report of the debate in the House of Lords last Thursday night on the Qualification of Women Bill, without marvelling that men holding so much power and influence in the State should be so woefully ignorant as to the condition of the great mass of toilers in this country, as some of these noblemen appear to be. One noble Duke said:

"The principle lying at the root of the amendment was the wish of many of their Lordships to save women from the rough and tumble of election contests, which he did not think did any good to them or to their characters. He did not think women were increasing their influence by this modern fashion of engaging in public affairs. They did not object to the presence of women upon these bodies, but to the roughening effect of passing through these contests in order to get there. He believed this kind of legislation would have a bad tendency from beginning to end."

The fact that women from the highest to the lowest engage in the hurly burly of elections for the benefit of their men folk may be passed over. No doubt the ladies of ducal families are carefully wrapped up in cotton wool. (I lunched with one lately, and four powdered footmen were in the room ready to hand me a silver spoon.) But how about the thousands of women and children working on the starvation line? Do our hereditary law-givers

seriously imagine that electioneering is as demoralising as the Poor House, the prison, the streets, the Lock hospital, the brothel.

Good heavens! Surely those men cannot know that thousands of wretched women and children suffer these things, and that their happier, but disfranchised, sisters, with all the knowledge and goodwill in the world, have under our present iniquitous laws very little power to help them from sinking into the gutter. Give me a dozen "rough and tumble" elections if by going through them I could prevent one sister suffering from Black Plague, and with effective municipal laws many might be saved from the pit.

A NURSE WHO HAS WORKED IN MAGDALEN WARD.

### Comments and Replies.

*Miss G. A., Manchester.*—There has been a great run on the three last numbers of the Journal containing the Official Report of the Paris Conference. Am glad you are sending them abroad, as the chief object of the International Council of Nurses is to help to make nursing more efficient in every country. We have all something to give, and something to learn.

#### OUR PRIZE PUZZLE.

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

### Food Helps.

#### "BRAIN ACCURATE AS A WATCH."

Speaking of food a railway worker says:—

"My work takes me out in all kinds of weather, subject to irregular hours for meals.

"For 7 years I was constantly troubled with indigestion, caused by eating starchy, greasy, poorly cooked foods, such as are most accessible to men in my business. Generally each meal was followed by distressing pains and burning sensations in my stomach, which destroyed my sleep and almost unfitted me for work. My brain was so foggy that it was hard for me to discharge my duties properly.

"This lasted till about a year ago, when I decided to try Grape-Nuts food. Since then I have used Grape-Nuts at nearly every meal. We railway workers have little time to prepare our food, and I find Grape-Nuts particularly handy, for it is ready cooked.

"Grape-Nuts has made a new man of me. I have no more burning distress in my stomach. I can digest anything so long as I eat Grape-Nuts, and my brain works as clearly and accurately as an engineer's watch, and my old nervous troubles have disappeared entirely." Name given by Grape-Nuts Co., 66, Shoe Lane, E.C.

Try a dish of Grape-Nuts these warm mornings. Fully cooked at our factories. Delicious with cream or milk and fruit.—Advt.

[previous page](#)

[next page](#)