

Mrs. Heywood Johnstone speaks of the self-assertiveness of some women who "forget that though they have been trained in midwifery they know nothing of the various branches of medicine and surgery upon which the success of their work ultimately depends." Surely, it is not expedient for a woman to be entirely ignorant of things upon which the success of her work depends. It is in fact an impossible situation.

Your correspondent wishes "to place doctors in their right positions, and to insist upon the midwife acknowledging the limitations of her position." I may point out that if she does not do so a medical practitioner has the remedy at hand. He can report her to the Local Supervising Authority, who, if they consider a *prima facie* case established will report any irregularity of conduct to the Central Midwives' Board, which will certainly take cognisance of it.

Faithfully yours,
CERTIFIED MIDWIFE.

"THE DESERVING POOR."

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

DEAR MADAM,—I notice that the work of District Nursing Associations is not unfrequently spoken of as being restricted to the "deserving" poor, and I shall probably arouse some criticism when I ask why *deserving*? I shall at once be told that societies supported by charitable subscriptions should only aid such persons; but this is not the principle we apply to hospitals which are supported in the same way, or to poor law infirmaries which are rate supported. The only test applied in these cases is sickness and necessity. Why should we impose a different standard when we nurse the poor in their own homes? A doctor would not think of limiting treatment to "deserving" patients, be they rich or poor. Why should nurses alone be so "unco' guid and rigidly righteous" that their patients must be meritorious as well as sick and suffering? To do them justice, however, there are few nurses who would not do their best for a sick person, of whatever character. But committees who employ nurses will make a grievous mistake if they try to impose a character test as a qualification for nursing assistance.

Yours faithfully,
A CONSTANT READER

Comments and Replies.

Sister A., Liverpool.—The first-class school in which you were trained has not yet organised a Nurses' League—we hope before long it may do so—its support would be most helpful in the National Council of Nurses. Unless the Matrons take the initiative and help the nurses to organise we fear a Nurses' League has not much chance of success in this country. All should combine for the common good.

Co-op. Nurse, London.—You will find the Nurses' Home, 5, Endsleigh Street, Gordon Square, W.C., close to your work. Write to Miss Wellwood.

Notices.

OUR PUZZLE COMPETITION.

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

All competitions must be addressed to the Editor, at 20, Upper Wimpole Street, London, W.

Found Proper Food.

AFTER TWENTY YEARS OF SEMI-STARVATION.

Every meal time there are thousands of people afraid to eat because they have failed to find a food that agrees with them. They live on the verge of starvation, and get weaker, more nervous and miserable every day. An old lady living close to Chesterfield was like this for twenty years. Then one day she tried Grape-Nuts, and this simple change of food worked wonders.

"I am an old woman of 73," her letter runs, "and for over twenty years I suffered constant indigestion. During that time I scarcely once took the quantity of food I needed, with the result that I, who had previously been a strong, robust woman, and had brought up a big, healthy family, became terribly weak and ailing. I tried in turn all the prepared oats and similar foods on the market, but didn't find even one of them agree.

"Two years ago a friend told me of Grape-Nuts, and I bought a packet. To my great satisfaction I felt no ill-effects whatever from the first dish of Grape-Nuts. I had no feeling of an over-loaded stomach, no palpitation, no headache. I finished the packet in a week, and I could tell that I had at last found my proper food. Since then I have used Grape-Nuts every day without fail. Every morning I get up early and enjoy my breakfast of Grape-Nuts. After breakfast I do my housework with real pleasure, a feeling I have not known for twenty years, and on Saturday every week I walk to Chesterfield, two miles distant, to do my shopping. I am very pleased indeed to be able to tell you all this that Grape-Nuts has done for me."

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

Grape-Nuts is made of best wheat and barley, specially cooked for twenty hours by alternate moist and dry heat, which bursts the starch cells and changes the starch into easily-digested grape-sugar and dextrin. All the nerve-building phosphates of the grains are also scrupulously retained. Grape-Nuts is a complete food, partially pre-digested, and elderly people or those whose teeth are defective may soften it with hot milk, and find it just as digestible and nourishing.

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