

will no doubt correct me if I am wrong, as these items do not appear in the annual report) that these nurses were "sacrificing self" to the institution to the extent of not less than £250 a week! In plain English, their labour was being exploited at the rate of at least £10,000 a year!

In this connection may I quote that level-headed economist, Lavinia L. Dock, when writing of the handicap of mediæval ideas upon the progress of women, and the belief that piety was inseparable from poverty.

"These three ideas—the heresy of knowledge, the supernatural character of humane, natural feelings, and the merit of poverty, have, with belated and dogged persistence of dense irrationality, filtered down into the minds of twentieth century people, where they lie like lead at the bottom of many curious and illogical contradictions of our so-called reasoning.

"So do we still find, in our free Anglo-Saxon minds, the belief in the virtues of poverty (for other people) with its necessary corollary of institutional control, the personal and financial dependence (serfdom) of the worker, and the subordination of character and intellect to "superiors" (repression and tyranny).

"Thus we can explain the attitude of the clergyman (and this, too, in the 'Land of the Dollar') who, when engaging a district nurse (a woman of true piety, but poor, with an aged mother to support) asked her 'whether she was working for money, or working for the Lord.'

"And, in the case of the woman, so real did the distinction seem, that the humorousness of the fact that he himself was in receipt of an unusually large salary never occurred to her."

#### THE MOTHER OF AN OVER-WORKED, UNDER-PAID NURSE.

#### DO DAILY FEES PAY?

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

DEAR MADAM,—A lady, not having a maid, sent for a nurse when she found she had "fluë." She stayed 48 hours in bed, and kept the nurse for the 48 hours, although the nurse was not really wanted, but as she had been up once the first night, the lady decided to keep her for the second night, so that the woman might have a good rest before going to another case. Bill £2 2s., and 1s. 3d. for half-week's washing.

Is this fair? Nurses are for the benefit of the public, and at the same time nursing is their means of livelihood. Had the lady known she was to pay for a whole week, and only have two days' very slight attendance, she would certainly not have sent for a nurse, and so a nurse would have lost the job.

Of course, the argument that a patient might be dying and the case an arduous one, does not hold good. There are dozens of minor cases to one serious one. Nurses would continually find employment for minor cases if the remuneration was reasonable. Say 10s. 6d. for 24 hours, 8s. 6d. for the second 24 hours, and so on; but to be asked to pay a full week for 48 hours' service I call

preposterous. Another case of "fluë" appeared in the same house a week or ten days later; but, needless to say, a nurse was not sent for at a guinea a day.

Truly yours,

A SUFFERER.

[Private Nurses should have something interesting to say on this economic question: Do daily fees pay?—Ed.]

## After Many Years

### FINDS A FOOD WHICH CURES A DREAD DISEASE.

A man at Jarrow-on-Tyne who suffered for years tells how he found a complete cure in Grape-Nuts Food.

"I had suffered for many years," he writes, "from Chronic Intestinal Catarrh, which under medical advice had been only temporarily relieved by a free use of opiates. My ailment was most stubborn, and absolutely defied medical treatment. Of physical stamina I had practically none, and my condition was truly wretched.

"My system craved for a dietary that would give the greatest nourishment with the least possible waste. In Grape-Nuts I at last found the food I so much needed, and it was by an almost exclusive use of this valuable food for a time that I won my way back to health.

"Grape-Nuts has given me an enjoyment of, and zest in, life that is truly marvellous after so many years of pain and misery. I am indeed grateful for such a quick and perfect restoration. I feel sure that my present condition of good health is as fine a testimony as this town can give to the valuable feeding properties of Grape-Nuts Food."

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

No medicinal properties are claimed for Grape-Nuts. It is made from the best wheat and barley; nothing else added except a trifle of common salt. Where Grape-Nuts takes the lead over all other prepared foods is just here. At the factory Grape-Nuts is cooked by special processes (which combine treatment with alternate moist and dry heat) for twenty hours, till the food starch in the grains is converted into an easily-digested and highly-nourishing form of sugar. Grape-Nuts also retains every particle of the valuable phosphates in the grain which go to make nerve and brain. It is just this combination of brain and muscle food in such an easily-digested form that makes Grape-Nuts the most highly energising of all body building foods.

There's a reason for Grape-Nuts.

The moisture in the air is successfully excluded from the food in the new packets of Grape-Nuts, which are now covered with a special paper, and the food now comes to the user dry, fresh, and crisp as when it comes from the factories. Accept only packets with this cover.

The new Grape-Nuts Biscuits and Wafers are delicious.—Advt.

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