

due consideration during the coming reconstruction of our Hospital system. Who knows?

Glancing for a moment at Marian Humfrey's remarks respecting Nurses of to-day standing supinely by, watching others do the hard fighting, I learn there are many of them saying, "We shall never have any benefits, so it's no use our joining the B.N.A." Well, happily for those coming after us, we are not *all* made of this sort of stuff. Referring to time past and present, Adelaide Anne Proctor says—

"Coward, can she reign and conquer,
If we thus her glory dim?
Let us fight for her as nobly
As our fathers fought for him.
God, who crowns the dying ages,
Bids her rule and us obey;
Bids us cast our lives before her,
Bids us serve the great To-day."

Wishing most heartily every solitary individual comrade-in-arms courage, faith, patience and perseverance during the inevitable coming organisation and reconstruction of the whole of our Nursing regiments; then bidding her go forward and be of good cheer, I will again subscribe myself, yours to serve,

SARAH CLAYTON.

BADGES FOR NURSES.

To the Editor of "The Nursing Record."

Dear Sir,—I was very glad to see the subject of a badge for Members of the British Nurses' Association again referred to in last week's issue of the *Record*, and only wish we could get something finally settled and adopted. Some time ago a correspondent writing on the subject, and whilst deeming a medal inappropriate (as a thing only to be accorded to individual merit), suggested the idea of a badge, but did not go any further, or make any suggestion as to what the badge ought to be. I was reminded at the time of a badge worn by some colonial Hospital Nurses, and wondered whether something of the sort would not be appropriate for us, only reversing the colours. Their badge was a red cross (the shape of the one on the frontispiece of the *Nursing Record*) on a white ground.

Would not a *white* cross on a red ground be a suitable badge for us, and we should not then (as far as I know) be encroaching on any badge already worn? The letters "M. B. N. A." might be embroidered underneath the cross.

M. B. N. A.

VOTES FOR MRS. DUYCK.

To the Editor of "The Nursing Record."

Sir,—I acknowledge with grateful thanks the two votes you so kindly sent me from Mrs. Underhill, of Derwent Lodge, Thurston Road, N.W.—I am, Sir, yours most respectfully,

SARAH DUYCK.

179, Milkwood Road, Herne Hill, S.E.

FISH AND LEPROSY.

To the Editor of "The Nursing Record."

Sir,—The divine Moses, the founder of sanitary science, accepting the accredited views of the ancient Egyptians, forbade the Jews to eat finless or scaleless fish, shell-fish and oysters, which from the remotest antiquity were thought to produce leprosy and some other skin diseases.

The ancient Egyptians were careless as to the cleanliness and freshness of their fish supplies. Shakespeare alludes to the joke of the Egyptian Queen, Cleopatra, sending her diver down to hang a salt fish on Antony's hook.

In spite of his forty years' modern investigation and research, the eminent scientific surgeon and skin specialist,

Mr. Jonathan Hutchinson, still considers the eating of decomposed fish a cause of leprosy.

It is more profitable to sell fish as fresh fish; hence the trade often specially selects and saves by salting and other curing processes cheap decomposed fish, which would otherwise be both uneatable and unsaleable.

Billingsgate exhibits fishy filth whose foul bacterial bouquets contaminate and spoil the unspoilt fish in its neighbourhood. A visit to Billingsgate before eight in the morning proves this.

Its 1668 bye-laws compel the Fishmongers' Company to see that "*oasts* or owners of fish shall not sell *over-day* fish" (*i.e.*, over-a-day or twenty-four hours old fish). The Fishmongers' Company is bound to prosecute offenders.

Billingsgate frequently supplies notoriously *over-day* fish, whose sale is illegal.

Such over-day fish is more or less decomposed.

Its putrefaction is actually advanced by adding water, melting ice, moisture, and filth.

These putrefactive processes are augmented by exposure to alterations of rain and sunshine, by foul packing, avoidable pressure, banging, bruising, and shiftings. Combined with these causes the violent railway-shaking and cartage complete the circle of chemical and bacterial changes necessary to rapidly rot and ruin the soft, loose, moistened, muscular fibres or flesh of fish, especially if unbled, ungutted, and uncleaned. Hence such flabby, iced-up fish is unhealthy, sometimes poisonous, and occasionally fatal.—I am, Sir, yours, &c.,

J. LAWRENCE-HAMILTON, M.R.C.S.

17, Burlington Street, Brighton, November, 1890.

COMPETITIVE PRIZE ESSAY. TWENTIETH COMPETITION.

A Book or Books of the value of One Guinea will be awarded for an Essay upon the following subject:—

"In a Hospital containing fifty beds you are called upon to refurnish it throughout with the requisite linen. The Staff of Nurses number twenty; Ward Maids and Attendants living in the Institution, twelve; House Surgeon also to provide for. What would you do, and how much would you feel inclined to spend, giving a full list of material and articles required, with prices?"

RULES.

1.—Contributions must reach the Editor, at the office of THE NURSING RECORD, not later than Saturday, November 16th, addressed as follows:—"Prize Essay Competition, THE NURSING RECORD, St. Dunstan's House, Fetter Lane, London, E.C."

2.—Manuscript must be written distinctly in ink and on one side of the paper only, upon not less than 24 nor more than 48 pages of ordinary-sized ruled sermon paper. The pages must be numbered and fastened together.

3.—The real and full name and address (stating whether Miss or Mrs., of the Competitor must be inscribed on the back of each contribution, and notification of which Hospital or Institution the Competitor has been or is attached to.

4.—Trained Nurses or those personally associated with Nursing work only allowed to compete.

Winners in previous Competitions are permitted to compete, but in case of a "tie" the prize would be awarded to the Competitor who has not secured a prize before.

The decision of the Prize Essay Editor to be final, and any infringement of the above Rules will be considered a disqualification.

NOTICE.—The Prize Essay Editor will not undertake to return MSS. unless accompanied with a sufficiently stamped addressed envelope; and in no case will he be responsible for any loss of same during transmission, &c. In no case must manuscripts be rolled up when sent by post; they must be folded.

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