

hands—a frequent cause, no doubt, of many a minor bodily ailment. The number before us—December, 1892—contains an interesting article upon tea, coffee, and cocoa, how they are adulterated, and how it is possible to detect the fraud. This is the sixth paper on "Food Adulteration," and a housewife, well primed with the knowledge these articles extend, can be, if she so wishes, the analyst for the family under her care, instead of waiting, as now, for tardy officialism to take the matter up.

We have said that the *Health Messenger* is a "possible" journal; certainly its scope is almost limitless, in spite of the fact that its aim is preventative rather than curative in its endeavour to promote the well-being of the community at large. The unsavoury subject of sewage, the shortening of the hours of labour, the proper Governmental supervision of unhealthy trades, the construction of public baths—particularly in poor neighbourhoods—the popular teaching of the principles of health, the erection of sanitary dwellings for the poor, and many others, are subjects which probably have from time to time been, and may with much advantage and appropriateness be, discussed again and again in the pages of this Magazine. It appears to be the mission of one portion of the public to be constantly preaching to the other; and it is a fact, and a melancholy one, that the latter listens, lightly and good humouredly maybe, but straightway, in the twinkling of an eye, forgets what has been said. But it is likewise as true a fact that only constant attack and importunity will produce any reform. Much has been done of late years, but much remains to be done. If the *Health Messenger* in the future honestly and zealously endeavours to bring about an improvement in the conditions under which too many vegetate, it will go far to fulfil its purpose, and will gain and deserve the gratitude of those who have been educated up to understand and appreciate the difference between what is good and what is bad.

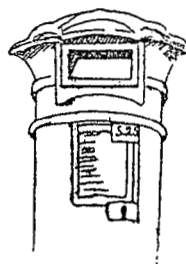
Home Cookery, compiled under the direction of the North Midland School of Cookery. London: Raithby, Lawrence & Co., Ltd., Ludgate Circus, E.C. One shilling.—We had the pleasure of giving a favourable notice, a short time ago, in these columns, to the North Midland School Cookery Book, and the present work, which is a kind of supplement dealing with more expensive dishes, quite sustains the reputation of the Institution and its able head, Miss Morton. There is a word of wisdom in the preface, which we extract:—"No woman can now be considered to be thoroughly educated who does not know something about the management of a home. The foundation of home-comfort may be said to lie in the kitchen; and the state of the kitchen, in the majority of households, depends upon the personal supervision and influence of the mistress." We have said "more expensive" above, but this is only in comparison with the earlier book, the recipes being within the means of very moderate incomes. The thorough and practical methods which the instructions convey are far better than we are used to find in other cookery books, and for this reason we heartily recommend "Home Cookery." The publishers may be complimented upon the style in which the book is produced.

Trial and Triumph, a Biographical Sketch of Robert Dransfield, by J. A. Hammerton. Glasgow: Menzies & Co., 90, West Nile Street. One shilling.—The subject of this sketch is a veteran temperance advocate who has passed through such strange vicissitudes that his life is almost worth relating quite apart from its relation to "the cause." The little book is full of anecdote amusing and pathetic, and written by one whose enthusiasm for the subject is evident. We commend it to temperance advocates

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as one of the freshest things of the kind that have lately appeared. In view of another edition, the biographer should note that the word *rum*, in the sense of *unusual*, has not yet passed into literature.

Bread-making Reformed, by Lady Constance Howard. Issued by Messrs. W. Hill & Son, James Street, S.W.—This interesting little pamphlet describes what Messrs. Hill & Son have done to reform the most time-honoured industry of man. By the agency of all the scientific improvements, not of this country only, but also of Germany and Austria, and their own experience of more than a century—for the firm was established as far back as 1784—Messrs. Hill have attained perfection in their processes. Their delicious bread is too well known to need commendation from us; but to those who would like to know something of the methods by which it is made, Messrs. Hill will doubtless be pleased to send one of these pamphlets.



Letters to the Editor

(Notes, Queries, &c.)

Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not IN ANY WAY hold ourselves responsible for the opinions expressed by our correspondents.

NURSING AT THE LONDON HOSPITAL.

To the Editor of "The Nursing Record."

SIR,—I was interested in *Elsie Egerton's* letter *re* periodical round robin presented for signature to the Nurses at the London Hospital, eulogizing the Matron, who has absolute power over these unfortunate women, and who can ruin their professional career at a moment's notice by "dispensing with their services." I have a sister-in-law at this Hospital to whom I much attached—a conscientious and excellent girl—who has spoken to me times without number of the lack of supervision in nursing details by the inexperienced probationer Sisters, and the consequent neglect of the patients. What do you think of the following *par exemple*? Pro. off duty from 2 to 4. When she returns to ward she finds bed-pans under the beds of three *typhoid* patients, containing of course the poisonous evacuations, these having been deposited there by the so-called Staff Nurse, for the Pro. to empty upon returning to duty. And at the same time there would be *uncovered quart jugs* containing the allowance of *milk* on the locker of nearly every patient in the ward. Or again, the Staff Nurse goes off duty, leaving a dead baby in a bed. An hour later, its eyes have never even been closed, the hot bottles still remain in the bed, and the poor mite has not even been covered decently by a sheet preparatory to laying out. These are only two of many circumstances, proving, beyond a doubt, that the system complained of by Miss Fisher, and aptly stigmatised as "the blind leading the blind," is as reprehensible as it is disastrous.—I am, Sir, yours,

AN INDIGNANT WOMAN.

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