

**STICKLAND'S
SICK-ROOM CHARTS.**

Testimonials as to the great value of these Charts have been received from many of the most eminent Members of the Profession. Each Set, mounted on a stiff back, comprises 7 Sick-Room Charts, each covering 24 hours, and a 3-hour Temperature Chart for the week. Price, to the Profession, 4/6 per doz Sets. A specimen post free on application.
STICKLAND & Co., Ph. Chemists, South Kensington.

**UNSWEETENED CONDENSED MILK.
FIRST SWISS BRAND.**

The perfect food for Infants and Invalids. This is pure Alpine Cows' Milk condensed to one-third its bulk and conserved without the aid of sugar or any other preservative. Ask for the **First Swiss Brand**. Wholesale Offices:—
17 & 18, St. Dunstan's Hill, London.

THE **Nursing Record.**

EVERY SATURDAY,
ONE PENNY.

The Hospital World.

"QUI NON
PROFIT, DEFICIT."

EDITED BY MRS. BEDFORD FENWICK.

No. 336.

SATURDAY, SEPTEMBER 8th, 1894.

VOL. XIII.

WEAR GUARANTEED. ANY LENGTH CUT.
As supplied to leading
London and Provincial
Hospitals.



**ANDERSONS'
WATERPROOF
SHEETING.**

SPECIAL DISCOUNT TO NURSES.

ENT. STA. HALL, ANDERSONS' LONDON.

ANDERSON, ANDERSON & ANDERSON, Ltd.,
The Waterproof Manufacturers, 37, Queen Victoria St., E.C.

Contents.

EDITORIAL—NURSES' HOLIDAYS	149
ITS WEIGHT IN GOLD	150
A DEARTH OF MODELS	150
LECTURES ON GYNÆCOLOGICAL NURSING	151
THE ROYAL BRITISH NURSES' ASSOCIATION	152
NURSING ECHOES	153
MEDICAL MATTERS	155
THE MATRONS' COUNCIL	155
REFLECTIONS	156
OUR CANADIAN LETTER	158
OUTSIDE THE GATES	158
SCIENCE NOTES	160
A BOOK OF THE WEEK	161
NOTES ON ART	162
LETTERS TO THE EDITOR	163
COMMENTS AND REPLIES	164

Editorial.

NURSES' HOLIDAYS.

THE holiday season is drawing to its close and the majority of our readers are, doubtless, returning to their various posts in Hospital, District, or Private, Nursing, refreshed, we hope, by that change of air and scene, which is so essential a matter to those who have to work as Nurses do.

Sufficient stress is rarely laid upon the fact, and, when it is stated at all, the fact is still more rarely understood, that Nurses require longer holidays than most other workers for very simple but sufficient reasons. Their duties require them to be alert, often during the night as well as during the day; they are always engaged amongst surroundings that are depressing both to the mind and to the body; and they work, perforce, in an atmosphere which is always more or less tainted with the germs of disease. The wonder, therefore, is not that so many Nurses break down in health and strength, but that any of them are able to bear the prolonged physical and mental strain, combined with the unhealthy environments of their daily work.

It is a significant fact that Hospital authorities are gradually becoming aware of the increasing need which Nurses show for times of rest and change, as the pressure of their calling increases in severity and extent. Formerly, one week in the year was deemed to be sufficient rest for any Nurse to take, but then she rarely worked so hard, nor was a tithe then expected from her of that which is

[previous page](#)

[next page](#)