

and can only with difficulty be roused up to do their duty, though they are as pleased as possible with themselves when they have done it.

It is interesting to read Miss Twining's reminiscences of the nursing staffs of infirmaries, one of the earliest being that of a matron who used to attend the Committees in a hat and feathers, and of another who conducted her through the wards, in "a gay hat and feathers, and a sweeping velvet train." Miss Twining's warning to her fellow guardians is noteworthy. "They must expect to find at least one opponent, not to say enemy, on every Board. They will be fortunate if the opposition is thus limited, but let them work on in good heart. If only their cause is right and sound, and not made up of imaginary grievances, nor "fads," in due time it will be successful and prevail." We entirely appreciate Miss Twining's views as to the care and inspection of lunatics. She says, after visiting the Barming Lunatic Asylum a few years ago, "Two thoughts were impressed upon me by this and a subsequent visit, and not for the first time. I wondered what the nurses really were, when out of sight and hearing, and alone with their poor, helpless, and speechless charges. Is it a religious work of devotion and love to any of them? I have heard a good deal formerly of some large lunatic asylums, and I fear that special training is greatly needed for these trying posts (now beginning to be supplied), and a higher class of women is called for, not only as attendants, but as commissioners, inspectors, and visitors for the women's departments, where it is not fitting nor desirable that these duties should be performed by men."*

Noteworthy also are Miss Twining's remarks as to the position of the matron in Poor Law Infirmaries. "The supreme head over all these large institutions is the medical superintendent, under whose entire control is placed the matron and the nurses, the steward being the other officer next in importance and power. But, though in many respects this arrangement is desirable, experience has proved that it requires modification, and a greater amount of power to be given to the matrons. The superintendent may be, and in most cases is, a young and unmarried man, and yet he has the right to grant, or refuse, leave to the nurses as regards holidays, hours of absence, etc., without reference to the matron. We ask, therefore, that in all matters of domestic management, including the time of absence for the nurses, the matron should have the power of control, as in voluntary hospitals." Again, we read, "I have said elsewhere that the position of the matron is exactly what the superintendents choose to make it, and this can hardly be a just or desirable state of affairs." With regard to the nurses in country Unions, Miss Twining says—"Unless some greater amount of freedom and independence can be granted to those women who have learnt their profession in well-conducted hospitals, and Poor Law infirmaries, we fear that the number who will qualify and apply for such posts will, in the future, be a diminishing, instead of an increasing, quantity." We read also, "One might have hoped and expected that the nurse 'Gamp' of the past, with her love for her bottle, was long since extinct; but alas! experience shows she is not, and intemperance continues to rank as one of the chief causes of failure in those who apply, especially for posts in a workhouse, where it is hoped so high a standard as in other institutions is hardly expected."

* The italics are ours.

Inventions, &c.

A NEW STRAINER.

It is always pleasant to record the inventions of members of the nursing profession, and it is with satisfaction, therefore, that we chronicle the advent of a strainer, adapted for feeders, which has been designed by Miss Juliet Curtis, Sister Colston of St. Bartholomew's Hospital. All nurses know the difficulty of straining milk into a feeder through muslin or gauze, and will, we think, welcome the advent of the strainer, which is designed accurately to fit the open side of a feeder. The rim and the handle are of tin, while the strainer proper is composed of closely woven wire. The strainer is strong and well made, and may be obtained from Mr. Preen, High Street, New Southgate, who carried out Miss Curtis's idea, at the moderate price of one shilling. We are informed that, when in use, the strainer admirably answers the purpose for which it is intended. We have no doubt, therefore, that as it becomes more widely known it will be a popular institution.

THE EXCEL STERILIZED MILK.

It is a well authenticated fact that milk readily absorbs impurities, and that even should it originally be despatched in a pure condition from a country dairy it may be quite unfit for use by the time it reaches the consumer. It is a matter of importance, therefore, to know where milk which is absolutely pure may be obtained, and this may be done with certainty if the Excel Sterilized Milk be used. This milk is the same as supplied by the farmer, without any addition of chemicals, sugar preservatives, colouring matter, or original cream, but, it is noteworthy that, owing to the fact that it is effectively sterilized before being bottled, all germs are destroyed, and it is, therefore, absolutely pure and safe. It has the further advantage of keeping sweet for an indefinite time so long as the bottles are unopened, and it is not affected by changes of climate. It is claimed that some bottles of Excel Milk opened six weeks after bottling, and which had travelled from London to the Seychelles Islands, having had a roughish passage in the Channel, the railway journey across France, and had afterwards travelled in the baggage room of a Messageries steamer, through the Mediterranean, the Red Sea, and the Indian Ocean, was as fresh and sweet when opened as on the day of bottling. It will be readily understood, therefore, that the boon to invalids at sea, as well as to ordinary passengers, is incalculable. The price is 5d. a quart, and it is delivered free within Carter Paterson's radius. It may be obtained from the Excel Sterilized Milk Co., Limited, 28, Victoria Street, S.W.

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