

**"To have a body rich in health,
Is to possess the greatest wealth."**



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There is No Better Food."**

Dr. ANDREW WILSON, F.R.S.E., &c.

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PROFICIT DEFICIT."

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Editorial.

A LITTLE SHADOW.

WE note with pleasure a thoughtful and able letter from a nurse in the June issue of *Nursing Notes*, in which the writer, who discusses the present position of the nursing profession, urges that "a call to arms should be sounded," and that nurses should combine in earnest. Until we do so, she asserts we shall be treated as we are now, like children, in one decade petted and admired, in another borne with as a necessary evil. In the next stage, indications, she believes, are not wanting that we may have a rule forced upon us by medical and lay opinion which will not meet our needs, if we are not up and doing, and "we shall deserve the unpleasantness if we fail to realize the inestimable advantage of self-rule, self-discipline, and self-protection." The "shadow is larger and black than a man's hand, and those who are thoughtful must see that there is ground for righteous discontent with ourselves." Self-rule, self-discipline, and self-protection, these are the only sure foundations upon which to build a profession, and when nurses recognize this, when they begin to realize

that in unity lies their strength and salvation, that together they can carry all before them, but that disunited they can be manipulated to their undoing, then the necessary organization for the government of our profession will not be far to seek, we shall be able to enforce what conditions we will. In a National Council, or a Central Union of Nurses we can discuss and legislate for our difficulties. The only question is, are we ready to combine, to undertake our own self-government, or will unwise counsels prevail, and shall we wait until the "little shadow" increases, till the cloud which is gathering bursts upon us, and we are enveloped, and perhaps annihilated, in the downpour? The question is one which cannot be answered by one person, or even by one society of persons. It awaits solution at the hands of the whole body of graduate nurses throughout the country.

A great reform is not carried through without force, without work, without much self-sacrifice. Are British nurses willing to make their personal interests subservient to those of their profession and to work together for the good of all? If they are inspired by a desire to further the common weal they will form a potent force.

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