

as a class not to understand the danger of such an unjust system of professional control as that which has been now adopted in the case of midwives—that is to say, of excluding from the management of their own affairs the very persons who are best acquainted with the needs of their calling, and with the views and wishes of their fellow-workers. And, as we will show next week, the third principle to which we object in the Midwives' Bill is one of equal importance to be avoided in any future legislation for nurses.

Annotations.

SPITTING IN THE STREETS.

Mr. James Bell, Town Clerk of the City of London, writes that the Corporation is anxious to prevent as far as possible the growing habit of spitting in the streets and other places of public resort. "This," he says, "is not only a filthy and objectionable practice in itself, but, as pointed out by Dr. Collingridge, the Medical Officer of Health of the City of London, is known to be the main factor in spreading the disease known as phthisis, or consumption. It is thought that employers of labour could materially assist the Corporation in its attempts to remedy this dangerous nuisance, by directing the attention of their employees to the evils of the habit and to the importance of suppressing it. At the same time, the exhibition of notices warning the public would be of the greatest possible value."

We fear that the ignorance and selfishness of the average man will require more drastic measures than those suggested by Mr. James Bell, if this most disgusting and dangerous habit of spitting in public places is to be stopped. Nothing short of making persons who thus outrage decency liable to a fine will have any effect. The tops of omnibuses are often used as spittoons by the working man going to and from his work, although we are compelled to own that we have always found him amenable to reason when expostulated with. But then the majority of persons are either too timid or too indifferent to expostulate in public places, and so the danger goes on. Chewing and spitting were inseparable from one's idea of "real Yanks" a few years ago; now in many American cities the habit is put down firmly by law, and persons freely fined for the latter offence. We must enforce the safety and public health of the people by the same sensible methods in this country.

SLEEPING IN THE OPEN AIR.

Writers in the daily press have become quite poetic over the delights of sleeping out of doors. A physician says:—

"To those who do not know the charm of breathing full draughts of fresh air all night, of watching the stars as they drop asleep, of being awaked by the trees rustling and the birds twittering in the early dawn, this is the very time to begin the experience."

Another writer is of opinion that it is high time someone gave it an important place in the many "cures" that are advertised and advocated in the present day. It is not a cure, however, to be pursued in the London streets, or one might eventually find oneself inside a police-station, which might possibly result in a cell in more senses than one. But in the country, we grant, in secluded spots on the open common, and in leaf-shaded nooks, out of doors, somnolence is remarkable for its soothing effect and its restorative qualities when enjoyed on a summer's afternoon. We recall with a shiver our only experience of attempting to sleep in the open. It was on the last boat leaving the Orkneys for the South, advertised to reach land at a certain hour in the evening, but which "took its time," thereby compelling the unwilling passengers to spend a night on board. The few cabins having been monopolised, we retired to rest on an iron seat on deck, and as they went below one by one the men on board dropped their rugs and ulster coats upon our unfortunate person—"to keep out the cold." We cannot honestly say we slept in the open, because what with icy gusts of North Sea air, contaminated with *bouquet de Zoo* from the hold where cattle were tight packed for the London market, and the pitching and tossing of the steamer, which necessitated clinging like grim death to the narrow seat, and presently the agony of aching bones, we were kept desperately awake. We then and there made up our mind that, given a spring bedstead, a well-punched horse-hair mattress, lavender-scented linen sheets, and a fluffy blanket, the world generally was welcome during the night to our share of draughts of fresh air, all the stars, the rustling of trees and twittering of birds, to say nothing of the innumerable cures for all the ills which flesh is heir to. At the same time, bedroom windows should be kept open summer and winter, so that during sleep fresh air should be inspired. This is the secret of awakening thoroughly refreshed in the morning.

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