

obligations, or whatever else belongs to the art, I will communicate to my own children, to the children of my master, to such other pupils as have subscribed to the physician's oath, and to no other persons. My patients shall be treated by me to the best of my power and judgment, in the most salutary manner, without any injury or violence; I will neither be prevailed upon by any others to administer pernicious physics, or to be the author of such advice myself. Cutting for the stone I will not meddle with, but leave it to the operators in that way. To whatsoever house I am sent for, I will always make the patient's good my principal aim; avoiding as much as possible all voluntary injury or corruption. And whatever I hear or see in the course of a cure, or otherwise, relating to the affairs of life, nobody shall ever know it, if it ought to remain a secret. May I be prosperous in life and business, and for ever honoured and esteemed by all men as I observe this solemn oath; and may the reverse of all this be my portion if I violate it, and forswear myself."

Hippocrates lived about 400 B.C.—Ed.]

AN UNRECOGNISED DANGER.

To the Editor of the "British Journal of Nursing."

DEAR MADAM,—I notice from time to time you insist on the importance of nurses wearing dresses when on duty which are kept for this purpose only, and which are not worn out of doors. I am always glad when I read this advice in your columns, for it seems to me to be a point upon which all nurses who have considered it at all must feel strongly. At the same time there appears to me another means by which infection and sepsis may be introduced into hospital wards, and which, indeed, constitutes a far graver peril than is occasioned by a nurse's dress, even if worn in the streets—as it goes into the washtub weekly—and which has so far received very little notice. I refer to the risk of turning into the wards daily an army of scrubbers, wearing woollen dresses from year's end to year's end, whose personal linen, it is safe to assume, is not changed even weekly, who do not take a daily tub, and whose distressful poverty usually compels them to live in crowded slums where disease is rife. Is it possible that they are germ-free? Surely not. That they are a hard-working and deserving body of women I do not for a moment question, but—the nurses' and the sisters' woollen dresses having been banished from our wards as dangerous, and even the wearing out of doors of the cotton dresses now adopted being discouraged—surely it is time that the personality and the clothes of the scrubber received consideration.

I am, Madam, yours faithfully,
A LOGICAL WOMAN.

Comments and Replies.

Parish Worker.—You would find the "English-woman's Year-Book," edited by Miss Emily Jones, Secretary of the National Union of Women Workers, and published by Adam and Charles Black, Soho Square, W., a very valuable reference book. The "Annual Charities Register and Digest," published by Longmans, Green, and Co., 39, Paternoster Row, E.C., also contains a mass of useful information.

Provincial Ma'ron.—All information as to the Matrons' Council can be obtained on application to Miss M. Breay, 7, Marlborough House, High Street, Marylebone.

Notices.

CONTRIBUTIONS.

The Editor will at all times be pleased to consider articles of a suitable nature for insertion in this journal—those on practical nursing are specially invited. The Editor will also be pleased to receive paragraphs, such as items of nursing news, results of nurses' examinations, new appointments, reports of hospital functions, also letters on questions of interest to nurses, and newspapers marked with reports of matters of professional interest.

Such communications must be duly authenticated with name and address, not necessarily for publication, but as evidence of good faith, and should be addressed to the Editor, 20, Upper Wimpole Street, London, W.

A HELPING HAND.

The Editor will be greatly obliged if regular subscribers who receive an additional copy of this journal, will pass it on to some friend who is likely to be interested in the aims of the journal, and also if they will encourage their friends to become subscribers.

OUR PRIZE PUZZLE.

Rules for competing for the Pictorial Puzzle Prize will be found on Advertisement page VIII.

Took the Hint.

FRIEND TOLD HIM TO CHANGE HIS FOOD.

Once in a while one can serve a friend and win a life-long obligation by a little food advice. This is worth while. "Very thankful I was to a friend for his advice when he told me about Grape-Nuts fully-cooked cereal food at the time I was suffering. My stomach trouble originally came from neglect of colds, which caused catarrh of the stomach; then followed misery from dyspepsia, headache, loss of vitality and flesh.

"Last August a friend, in discussing my health, said if I would change my food and take Grape-Nuts instead of any other food or medicine for one week he would guarantee that I would be greatly improved and feel like a new man.

"He was so positive that I concluded to try it, and, as I said, I am exceedingly thankful to him. In a week's time I lost the heavy, dead feeling in my head, nausea had ceased, and the action of my general system had greatly improved.

"I have stuck fast to Grape Nuts. Now I weigh nine pounds more and am steadily improving. Grape-Nuts has a most exhilarating effect on the system, and makes one feel bright and alive, as though they were well nourished as a healthy man should be.

"The price of Grape-Nuts is within reach of all, but I consider it worth its weight in gold." Name given by Postum Cereal Company, Limited, Temple Chambers, Temple Avenue, London, E.C.

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