

rule, Shakespeare's bias was towards "exceeding moderation." In this connection one remembers a quotation from "As You Like It," which no doubt was in Mrs. Stopes' mind as she wrote:—

"In my youth I never did apply
Hot and rebellious liquors in my blood,
Therefore my age is as a lusty winter—
Frosty but kindly."

Another giant among the poets who had something to say on the drink question was Milton. In "Samson Agonistes" the following lines occur:—

"Oh madness, to think juice of choicest grape
Or strongest wine, man's chief support of health,
When God, with these forbidden, made choice to rear
His mightiest champion, strong beyond compare,
Whose drink was only from the liquid brook."

Those who believe in the principle of total abstinence can thus quote two masters amongst the poets in its support.

It would be interesting to trace the opinions of other poets as to the use of stimulants. Nurses so frequently meet with cases in which evil has resulted from their abuse that they cannot be indifferent to the question. The point at issue is whether stimulants in moderation are useful, or whether, in view of their wide abuse, they should be altogether avoided. One thing seems pretty certain—that, like tobacco, they should be prohibited until adult life is reached.

A good deal of chaff has been directed at the "semi-teetotal pledge," but the principle is the right one. No stimulants on an empty stomach, and only in conjunction with food. This really is involved in the pledge not to drink between meals, and if observed would be widely beneficial.

Yours faithfully,
SOCIAL REFORM.

Comments and Replies.

Private Nurse.—Never allow an ice-bag to remain for many hours upon the skin without careful inspection. Very severe frost-bites may occur in patients, particularly when their circulation is impaired, through the agency of such intense cold applied continuously, as is so often used in pelvic and appendicular inflammations and in strangulated hernia.

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Tropical Resident.—We quite agree that it is difficult to know what to drink in the tropics. Stimulants are, as a rule, to be avoided. Coffee and cocoa are too heating, and even tea, refreshing as it is, is apt to cause prickly heat at once. Lemonade, made from fresh limes, is considered by many doctors lowering if taken habitually, and the purity of water is seldom certain. It should certainly never be drunk unboiled. Filtering, unless filters are above suspicion, is apt to do more harm than good. Perhaps the wholesomest drink is the milk of the young cocoanut, which, when drunk straight from the nut, is palatable and refreshing. A golden rule is to form the habit of drinking very moderately, for a question of habit it certainly is.

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.

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One or two days' trial will teach him a big volume of facts and make him feel "fit as a lord." There is a deep underlying and scientific reason. The best argument, however, is the actual experience with such breakfasts.

[previous page](#)

[next page](#)