

knowledge of bacteria, good and evil, wear their ward dresses, aprons, collars, and cuffs in the dirty, crowded streets, gathering as they go millions of the enemy they are supposed to spend their lives in fighting.

Their heads, too, are such splendid germ-catchers with their puffs, curls and fringes, and they form such beautiful strainers for the dust and disease-laden air as it passes through the be-puffed mop of tousled hair.

These same heads are later bent in attendance over gaping wounds; the cotton dresses, with their soiled skirts, and the aprons which have been paraded through the streets (often with cloaks flying, fastened merely by one or two buttons at the throat); these are worn in the wards which have frequently been built at a fabulous cost, with rounded angles and many other devices to outwit the wily germ. "The strength of a chain is that of its weakest link." Should we not pause, and consider where is the use of expending thousands of pounds and all the energy needed in the effort after sterilisation, when the nurses who are trained and in training cannot apply their knowledge to their own lives?

How can we respect the teaching of women who daily and hourly violate not only all the laws of health, but who perpetually outrage that beautiful, wonderful human form which was made after the likeness of God?

Surely such knowledge as a nurse gains during her training ought to be reflected first in her own life, and later in the lives of those around her.

It is a nurse's duty to be the missionary of health to the ignorant folk with whom she is daily coming in contact; but it is a duty which is in many cases performed only theoretically.

One is obliged to confess that the average nurse of to-day is far more occupied and interested in nursing the sick back to health, than in trying to remove any of the terrible causes of disease.

Should not each nurse strive to make her corner of the world healthier, and therefore happier, as the result of the knowledge her training has given her?

What does it matter whether her life is spent in private nursing, district nursing, or in a private capacity; she should live up to the light of the knowledge which is in her, and so be a perpetual exponent of that which is to influence the lives of others.

There are many, and particularly those nurses who are working among the poor as district nurses, who are doing splendid work in teaching the value of fresh air and cleanliness, and although these are most necessary to the body's well-being, yet they do not comprise all the laws of health.

If any one is to be placed in the best possible conditions for healthy living, every obstacle possible should be removed.

It is a good thing to breathe pure air, but it does far more good to be able to expand the lungs to their fullest extent, and so to absorb more oxygen and to more thoroughly purify the blood. For

every nurse will grant that the purer the blood, the healthier the individual. How beautiful are the pictures of Eastern women carrying their water pitchers on their heads; and we are told that they move and hold themselves with much easy grace and elegance. Would this be possible if they wore corsets, and high-heeled and pointed-toed shoes?

It is only reasonable to suppose that the body, put out of poise by an artificial elevation beneath the heels, must necessarily throw the whole body out of balance; this brings about overstrain and weakness of certain parts, predisposing them to disease. Is this in strict accordance with the laws of health?

Clothing, too, is by no means the light, warm, simple covering for the body which it should be.

Therefore, if nurses are to be health missionaries these things must receive their attention.

Why should these great principles of health be tacitly looked upon as the prerogative only of the district nurse? Nursing is a great and grand work, but there is one higher, and that is, as far as is humanly possible, to prevent sickness; to lessen the suffering of humanity; to teach people how to keep well rather than to gather strength after sickness. Nurses, if you have not yet grasped this great truth, then you have not yet realised all the possibilities, all the power for good, nor all the responsibilities of your profession.

When this great lesson has been fully learned, then, and not till then, will nurses really propagate the religion of health, and be by their example, as well as by teaching, health missionaries.

The Examination of the British Gynæcological Society.

We are glad to learn that an increasing degree of interest is being shown by nurses in the examinations in, and certificates for gynæcological nursing and maternity nursing of the British Gynæcological Society. Now that the London Obstetrical Society has ceased to hold its examination, monthly nurses should all try to obtain the certificate of the Gynæcological Society, because this is the only independent examination held by a London medical society in their special branch of work, and, of course, its possession carries great weight with doctors who employ monthly nurses.

The Passing Bell.

The death occurred under very sad circumstances at the Bootle Corporation Infectious Hospital at Linacre of Miss Edith Mary Derham, a nurse, who was found lying on her bed suffering from the effects of carbolic acid poisoning. Medical attendance was immediately summoned, but the poor girl died shortly afterwards. She was a trained nurse, but had only been at Bootle for a few weeks.

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