

sufficiently loose for every part of the system to be at ease. Harm is done to the whole system if any part be unduly pressed; for instance, tight boots hinder all ease of movement, and tire both body and mind. A walk under such circumstances, instead of giving new vigour, is an unmerciful strain, and causes great waste of physical strength.

Much has been said against the use of stays. The modern style of dress almost necessitates the wearing of stays, but they need not be tight. The difficulty is to know when they are too tight. Perhaps the best test is to leave them off for a week, and then try whether they do not need to be larger. I very much fear scarcely any woman gives her lungs the free play they ought to have; tight stays certainly hinder the full inflation of the lungs, to say nothing about the pushing out of position of important internal organs. The poor lungs have a bad time at present, for, as if tight stays were not enough, we must have mantles that hold the shoulders tightly down and press the arms firmly against the sides. All this helps to press air *out* of the lungs, but it does not allow free entrance of air into the lungs. Each inspiration is only a partial one; therefore, only a partial supply of oxygen is given to the blood, and there is only partial clearing away of carbonic acid gas. Need we wonder that we suffer from disease, when every breath we draw can only partly do its work? Nothing can keep the blood pure except full inspirations of pure air. Perhaps more intimate knowledge of human physiology, and the grand work the different organs perform, will, in the course of two or three generations, teach greater respect for those organs; but fashion is a hard mistress, and, strange to say, people care but little about the healthy working of their own grand system; they prefer to make all sorts of mistakes, and in blind ignorance to take any kind of quack medicine. They like to think the heart is well down on the left side, and that every time they feel any pain whatsoever on that side, be it indigestion, "stitch," or what not, it is heart disease; and so on, and so on. They say, in a sort of virtuous tone, "Oh! I don't want to know anything about my heart, or lungs, or liver; I only don't want to know that I possess any of them." This is all very well, but we all do possess these things; and if in ignorance of their work we hinder them in any way, we help to kill ourselves.

Even Nurses, alas! although they now generally know something of elementary physiology, are not all willing to give their lungs fair play; they restrict the freedom of the chest, and then wonder, like other people, how it is they are not well. So long as the "dainty" waist, the "lily white hand," and the general delicacy of womankind,

are the ideals held up before the young, our hard mistress will rule unwisely. Lawn tennis, tricycle riding, and all such healthy exercises, are doing their best to lessen her want of sense, and, to a certain extent, they have succeeded. Let us hope they will conquer.

And now to come to particulars relating to Nurses' uniform. First, a few words about Matron's dress, for, as Matron is head of the Nurses, and over them head also of the Nursing, her dress must, no doubt, be included in this description. Black, the darkest shade of navy blue, and grey are the three colours most generally worn by Matrons. Usually the Matron chooses her own dress; it is not found for her, and she varies it from time to time as she thinks fit. Perhaps black is the most dignified and sober dress; therefore, on the whole, the most suited to the office the Matron holds. The material may be satin cloth, good alpaca, or any other good woollen material; it should not be too soft unless the dress is made not quite plain, but the dress should always be plain enough for the Nurses' apron to accommodate itself easily. As black is too warm for hot weather, Matron generally has beige or some light washing material for summer wear. Matrons' dress should be almost as plain as Nurses' dress. A Matron dressed for Hospital work in silk, or in an elaborately made dress, is about as suitably dressed as a milk-maid would be, if clad in white muslin when milking the cows.

Sisters usually wear woollen dresses; serge, russell cord, or merino. Blue, a little lighter in shade than navy blue, is cheerful, without being aggressively so. Grey, too, is a pretty, gentle colour. Sisters generally have cotton dresses also, for operations. Staff Nurses and Probationers wear washing dresses.

Whether the dresses of all—Sisters, Nurses, and Probationers—should be made to touch the floor, or to clear it, is not a settled question. That the dress shall not touch the floor is the cleaner style. I think Probationers should wear their dresses just short of the floor; perhaps Nurses, too, but not Sisters; they are better able to keep their dresses clean, and a long dress looks more dignified—why, I scarcely know, but it does.

Sister receives two dresses yearly—one for summer, and one for winter. If she be tall she has nine yards for each dress; if little, only eight yards. Her dress is made quite plain; the skirt full behind, and long enough to touch the floor, or draped *a little*, just to clear the floor. The washing dresses she had before she was promoted to be Sister last some time for operations; or she has two cotton dresses given her, which last until the Matron decides that they are worn out. Perhaps I had better say Sisters each receive two

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