

**TO NURSES.**

**SCRUBB'S** (*Cloudy Household*) **AMMONIA**

*A Small Quantity added to Water when washing Patients is most Cleansing and Invigorating.*

**PRICE 1/- PER BOTTLE.**

**FOR SALE BY ALL CHEMISTS.**

**TEMPERATURE CHARTS.**

*Morning and evening and four-hourly.*

PRICES (Post or Carriage Paid)—1,000, 25s.; 500, 13s. 6d.; 100, 3s. 6d.; 50, 2s.; 25, 1s. 3d.

*Send 100 Specimens to* **WODDERSPOON & Co.,**  
7, Serle Street, Lincoln's Inn, W.C.

# THE Nursing Record.

EVERY SATURDAY,  
ONE PENNY.

The Hospital World.

"QUI NON  
PROFICIT, DEFICIT."

EDITED BY MRS. BEDFORD FENWICK.

No. 291.

SATURDAY, OCTOBER 28th, 1893.

VOL. 11.

## VISITING & PROFESSIONAL CARDS

The Record Press, Ltd., 376, Strand, London, W.C.,

supply Ladies and Gentlemen's Cards, post free, on the following  
ADVANTAGEOUS TERMS:—

	Engraving plate, 1 line, and supplying 100	
	Cards ... ..	3/6
	Per Line extra ... ..	10d.
	Printing 100 Cards from own plate ... ..	2/-
Ladies ...	100 Cards in letterpress ... ..	2/8
	200 Do. do. ... ..	3/9
	300 Do. do. ... ..	5/-
	500 Do. do. ... ..	6/6
	1000 Do. do. ... ..	10/6
	Engraving plate, 1 line, and supplying 100	
	Cards ... ..	3/-
	Per Line extra ... ..	10d.
	Printing 100 Cards from own plate ... ..	1/9
Gentlemen		

The Record Press, Ltd., are also prepared to estimate for Die-Sinking  
Monograms, Note-Headings, &c.

All orders must be accompanied by a remittance.

Telegrams: "Textbook, London."

### EDITORIAL NOTICE.

All Editorial communications and MSS. (not business matters) must be addressed to "The Editor," 20, Upper Wimpole Street, London, W., and, in order to secure notice in the current issue, must reach her not later than 10 a.m., on Tuesdays. No MSS. or drawings can be returned unless accompanied by stamps for that purpose. One side of the paper only should be written on.

### Contents.

EDITORIAL—THE OVERSTRAIN OF NURSING.—II...	201
THE EXPLODED BELT ... ..	202
THE ROYAL BRITISH NURSES' ASSOCIATION ... ..	203 & 205
NURSING ECHOES ... ..	206
MATRONS IN COUNCIL ... ..	208
MEDICAL MATTERS ... ..	209
REFLECTIONS ... ..	210
OUR IRISH LETTER ... ..	211
OUTSIDE THE GATES ... ..	212
SCIENCE NOTES ... ..	213
NOTES ON ART ... ..	214
THE BOOK OF THE WEEK ... ..	214
INVENTIONS, &c. ... ..	215
LETTERS TO THE EDITOR ... ..	215
COMMENTS AND REPLIES ... ..	216

## Editorial.

### THE OVERSTRAIN OF NURSING.—II.

THE difficulty of obtaining, every day, fresh air and exercise, which is experienced by most Probationers, sometimes because of the pressure of their work, but more frequently because of the position of their Hospital in the midst of densely-built and populated districts, is undoubtedly a common cause of their breakdown in health. And this is made the more probable, also, because so many would-be-Nurses are women who have always, previously, been accustomed to ample opportunities of outdoor employment, or amusement, or some other form of exercise; a large proportion of them come from country homes, and upon these the atmosphere of the wards has a direct and rapidly detrimental effect. There is no need to enlarge upon this matter, because it is one with the truth of which all our readers are familiar. The existence of this serious fact being granted, the necessity of some remedy will be generally conceded, because it cannot be for the benefit of anyone concerned that it should be permitted to continue. Every young woman who is admitted into a Hospital on the testimony of an experienced member of its medical staff that she is healthy and strong enough for the work, and who yet breaks down and returns to her family, in a few weeks or months, with impaired health, furnishes a standing protest, on the part of her circle of friends and relations, against the system in force at that particular Institution, and, therefore, detracts—very often entirely undeservedly—from the financial support which it might otherwise receive. This is no speculative theory, but a fact

[previous page](#)

[next page](#)