

the outlying colonies of the Empire would probably not have heard for months or years to come. We do not attempt to claim the slightest credit to ourselves in this matter—and indeed deserve none—but we would lay stress upon the fact because it emphasizes the point to which we refer—the value, not to say the necessity, to our calling, of possessing an organ in the Press devoted to its interests.

So, readers of this Journal in the far West, and in the far East, in Canada, in India, and in Australia, learning through our columns of the advances which are being continually made in the Nursing world in Europe, have, during the past few months, been reflecting back through our pages to their colleagues in the mother-country, and in other parts of the British Empire, the efforts which they are making, in their turn, to increase the usefulness, and advance the Profession, of Nursing. Without such a means of inter-communication, as we have said, this stimulus to advancement, and, indeed, the knowledge of how this advancement can be made, would be absent, to a very large extent.

We have especial reason to allude to this matter now because, during the past year, the circulation of this Journal has more than doubled, and continues to grow in an increasing measure. While our responsibilities increase, the kind appreciation which we have received strengthens us in the work which we have undertaken, and while on the one hand we thank our readers for their kind, and most encouraging, words of sympathy and goodwill, we would urge upon them that, for the good of the Nursing Profession, they should communicate to us, in even greater measure, the news of all improvements which they make in their respective spheres of work, so that, by their successes, Nurses far and wide may be encouraged and assisted to rise to a higher and higher level of efficiency and usefulness.

We are on the verge of great advances in the Nursing world. We have before us the goal of State Registration for Nurses, and all that this implies to the organisation and improvement of the Profession. But we have, at the same time, to face the fact, that there are still immense reforms which must be made before Nursing can take its place as a properly constituted and properly controlled vocation. These reforms demand the united efforts of all Nurses who value the good name of their calling, and every individual can do much towards their attainment.

The NURSING RECORD, which for years stood alone in its advocacy of Registration, and which has the satisfaction of seeing the cause which it championed, fully succeed, must, in the future, seek in an ever increasing degree, to draw together the opinions of the widely scattered members of the Nursing Profession into one focus of consultation,

and of support, for the benefit of all. We trust that, during the coming year, our readers will employ this Journal to an even greater extent than they have done during the past twelve months in thus diffusing the views of those working in various parts of the Empire to their co-workers in every other land.

TEETOTAL INTEMPERANCE.

Attention was drawn at the recent Conference of Women Workers, in Glasgow, to the increasing extent to which women are becoming addicted to the immoderate use of tea and coffee. It has for long been pointed out, by medical men, that the excessive use of these beverages brings about disease in the stomach, while it also causes degenerative changes in the nervous system; so that, on the one hand, the patient suffers from inability to digest ordinary food, and, on the other, from a series of well-marked nerve symptoms. It is a strange irony of fate that teetotalers should thus suffer in such large numbers from similar effects to those produced by the immoderate use of alcohol, and it aptly illustrates the necessity of moderation in all things. There is no doubt that in the early days of the temperance movement the intemperate arguments and statements of its advocates did much to retard the reforms which they wisely desired to initiate; and now, if it should prove that any considerable number of total abstainers from alcohol indulge in teetotal drinks to such an extent as to derange their health, still further harm may be done to a crusade which is undoubtedly necessary, and which has done an incalculable amount of good. The dangers of tea should be impressed upon Nurses especially, because probably no other class of women consume as much of this beverage, or as frequently, as those who are in attendance upon the sick. The necessity of constant watchfulness, the frequent difficulty in obtaining regular meals, the long hours of work through which they have to pass—all combine to make Nurses tea-drinkers, and it is well therefore that they should understand the dangers of the beverage, if indulgence therein be carried to excess.

LIBERTY OR LICENCE.

“License they mean when they cry Liberty,” wrote Milton more than two hundred years ago, and the sentence might have been most appositely quoted last week concerning the strenuous efforts which were made to persuade the London County Council to sanction the continuance of the promenade at the Empire Music Hall. It is very easy to decry the motives of Mrs. Chant and her fellow crusaders, and not particularly difficult to cast a little cheap ridicule upon some particular utterances which were made. But the broad facts were sufficient for the British public. Mrs. Chant succeeded because she had public opinion with her, and for that reason alone. And we firmly believe that public opinion in such matters as this will grow in force and influence, and make more and more strongly for morality and temperance, as women gain more power and greater unity of action amongst themselves, in the future.

NATIONAL HEALTH SOCIETY.—Arrangements have been made by which Nurses may attend the special Training Courses of Lectures at half fees. See further particulars on page iii.

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