

to show them that you mistrust them. Make them feel they never can impose upon you, that you always find them out; they will respect you for that. Do not expect even the best to do a thing twice the same; it does not lie in the nature of the British pauper to have any stability in him or her; if they had, they would not be in the House. You must simply use them as extra limbs and be yourself the head. From this you will see how very much depends on you being trained in methodical ways and management. When I say 'being trained,' I not only mean the teaching you receive in the first year of Hospital life, but I also mean the continuation and application of such teaching *by yourselves to yourselves*. So many Nurses take their training like machines. Use your intelligence to take in the rest of the work going on around you, and understand your own relation to it. You may even gain by the faults of others, teaching you what to avoid. Never forget you must be ready to come to the front of our battle, and that for it you must be equipped at every point.

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The work you are engaged on is monotonous in its nature, depressing, and in its circumstances isolating. These are three facts, but it is a Christ-like, and therefore a noble work; what more would you have? You must guard against the temptation to become mechanical, depressed, and self-centred in the performance of your duty. I think you will find the best way to prevent monotonous work dulling your sense of its nobility, is to set up a high standard in details. Never allow yourself any slovenly work at any time. Check at once the spirit which would say 'It will do,'—'It will never be seen.' Give your mind to what you are doing, and not to what you *wish* you were doing. Do not think 'I shall just have this to do to-morrow, and to-morrow as I did it yesterday and the day before,' but try to-day to do it better, and find a higher motive for it than you did yesterday and the day before. Only now is yours, *to-morrow* is God's only.

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All Hospital life has a tendency to isolate, and you should use what means you can to minimize the evil. Cultivate a keen sense of *esprit de corps*, both in the wide feeling of being one of an important profession, the honour of which you must maintain, and also, by great loyalty to the Association to which you belong. We are not, we cannot, we dare not be a mere money-earning profession. In Workhouse Infirmary Nursing the work must be first, and the pay or the position a very secondary thing. Realize the benefit as well as the honour of being in the advance guard. As a Mary Adelaide Nurse, you are no longer an isolated unit free to fail or get discouraged at your post. No; you are one of a vigorous small band of determined pioneers of nursing work; any failure on your part injures us all.

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Which of us has not thought with almost envy of the leaders of the Nursing profession, and wished it had been our lot to do work like a Miss Nightingale or a St. Vincent de Paul? Do not waste time in dreaming and thinking, here in the Workhouse lies work to your hand. The greatest works have been developed only by 'doing the next thing.' You must believe in ultimate victory, hope for wider results than you see, and in loyal love stand firm in your post. The work, 'for Christ, for pity' first, and your own convenience and advantage not even second—not at all. Our christianity, our civilization, is shamed by the state of many of our pauper sick. You are the women who can cure the evil, and will you think of 'comfortable situations' and 'good posts' while such work is crying to be done? I think not; British women have ever shown themselves ready when self-sacrificing duty was to be done. I fear whatever the world may say to laud us, there is far too much of 'everyone for herself, among us, and that till we have more *esprit de corps*, and a stronger sense of the sacredness of contract, the cause for which we are associated will be hindered."

## Medical Matters.

### NATURAL IMMUNITY FROM CHOLERA.



It is a well known fact that certain persons are much less liable than others to be attacked by infectious diseases, and the immunity which many doctors and nurses display in regard to infectious fevers illustrates the same physical fact. In a German medical contemporary, the question of immunity against cholera was recently discussed, and it was pointed out that a certain number of people undoubtedly possess a protective power in themselves against the disease, because in the excretions of some who were attending upon cholera patients, and who yet showed no evidence of infection, numerous living cholera bacilli have been found. The writer argues from this, that there must have been in the intestines of such persons, some powerful antidote to the cholera poison. He points out the well known difficulty of infecting guinea pigs with cholera, and attempts to explain this by the constitution of their intestinal mucous membrane. He recalls the fact, that a preparation, termed by its discoverer *nuclein*, was obtained from the mucous membrane, and a neutral solution of it was found to kill cholera bacilli, although in alkaline solutions of the preparation the bacilli grew quite vigorously. The writer believes that in the human body, in health, the *nuclein* is found in an acid state, and that in this condition it acts as a natural destroyer of the cholera germs. The explanation is very simple, and at the same time, it is quite consistent with similar well known physiological facts. The practical deduction, and one which experience of other epidemics already inculcates, is that the body should be kept as healthy as possible by strict adherence to hygienic laws; and that, when this is secured, there will be comparatively little liability to the onset of disease.

### MYXEDEMA.

Valuable results have recently been obtained in the treatment of this disease by thyroid extract, prepared with glycerine, and a further development of the treatment is now recommended by an American observer for cases of cretinism. He believes that there is a close connection between these two diseases, and publishes illustrative instances in which undoubted cases of cretinism were benefitted in a most marked manner by the thyroid treatment, especially as regards elevation of the temperature, increased appetite, weight, and mental activity, and improved nutrition of the body gener-

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