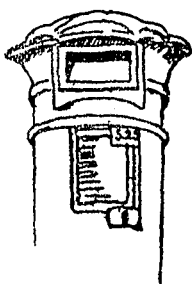


effect. Now Fashion has stepped in and large waists are the order of the day—and doubtless if the fickle goddess will in this matter remain constant to good sense and true beauty it will be well for the present generation and better for their children. A welcome evidence of the change of opinion is the Astoria Health Corset invented by Mr. John Lang, the well-known Ladies' Tailor, of 4, Beak Street, Regent Street, W. It is made up on anatomical principles, and therefore is equally valuable to the stout from the support which it affords to the abdominal walls, as to those of younger and more slender figures which it braces up.



Letters to the Editor.

(Notes, Queries, &c.)

Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not IN ANY WAY hold ourselves responsible for the opinions expressed by our correspondents.

SKIMMED MILK.

To the Editor of "The Nursing Record."

MADAM,—I was glad from one point of view that an indignant Nurse should have written a letter on the above subject, because I hope that it may have the effect of preventing the spread or continuance of such a practice. But from the point of view of the honour of our profession I am sorry that it could be possible to make such a statement about any "Sister." I quite agree with the footnote by the Editor, which stated that it must be somewhat of a unique experience to find the cream skimmed off the patients' milk and consumed by any member of the staff. But I am sorry that I have met with one instance when it was done.

In my early probationer days I was put into a ward where the Staff in their desire to "make Sister comfortable" had gone beyond prudence in their zeal, and always "set" the milk in a quiet corner and gave injunctions that it was not to be distributed for an hour or so, until "Sister's little jug of cream" had been taken.

On the first occasion on which I was asked to carry in the tray I fear I transgressed all rules and regulations and broke the traces of discipline by refusing to do so. I told the Staff-Nurse that I would not, by carrying in the tray, give my countenance to a proceeding which was repugnant to my feelings and my conscience. I remember her answer (this was many years ago). She said "Hospital life will soon take these little fancies out of you." But I kept my purpose and to my point. Never while I was in the ward did I carry in the tray with the offending cream upon it, and whenever I had to get the tea on my own responsibility I invariably substituted a small jug of milk.

May I add that "Hospital life has not taken these little fancies out of me," if by "fancies" we mean an ideal of life, and a standard of honourable conduct. I consider the "skimmed milk" correspondence a painful subject, but I am glad it has been touched upon.

Truly yours,
A NURSE WITH "FANCIES."

TIRED FEET.

To the Editor of "The Nursing Record."

MADAM,—I began my career as a Probationer some few months ago, and on looking back over the early days I seem conscious only of one thing. My memories of first impressions at the sight of pain and suffering to which I had not been accustomed, at the revelations of the terrible amount of disease in the world; and even the recollection of my "first operation" which remains in most Nurses' minds as a very vivid fact, is all crowded out, and there only remains a consciousness of how tired my feet were, and of how I longed to find some peace of sensation, and cessation of ache in my weary feet.

Of course I went through the prescribed course of bathing, anointing, &c., the hardening with methylated spirit and so on. But of all the remedies I found, the only effectual one was a suggestion from my brother Bob, who is something of an athlete, and has distinguished himself as a long distance runner.

When I mentioned the subject of feet, he assumed a wise air, and said, "try soap." And on explanations being asked and given, I found he actually expected me to soap my feet before putting on my stockings! Of course I indignantly and scornfully refused, although I secretly tried it after, and found that just a little dry soap rubbed over the feet on getting up, and the stockings then put on, had a wonderful effect. But I wasn't going to let *him* know I had tried his nasty remedy. And then he said, "Well, if you will be so obstinate, the only thing you can do is to keep changing your stockings. Never wear the same pair two days running, and change them twice a day." And then of course I retorted that the allowance he had up at Cambridge was sufficiently wide to allow a considerable margin in his laundry bill; while I was very much restricted and could not really afford so many changes. Whereupon he practically remarked that I need not use a clean pair every time I changed. "You can easily slip away from the ward and change the stocking from the right foot to the left and *vice-versa*. You'll find what a wonderful difference it will make," he said.

And so it did; combined with change of shoes it worked marvels, and I am anxious that "brother Bob" should earn the gratitude of other weary pros. as he has earned mine.

Yours truly,
TIRED FEET NO LONGER.

"ASSOCIATION OF ASYLUM WORKERS."

To the Editor of "The Nursing Record."

MADAM,—As an attendant on the insane who is keenly alive to the advantages of association, I beg to express my pleasure at reading in the RECORD such a sympathetic expression of our aims and objects. I felt sure that you, as the chief and most forcible advocate of co-operation amongst Nurses and of their legal Registration, would appreciate our efforts in similar directions. Of course we have had for some time past a system of training. We can pass examinations and receive certificates, but there is, and has been, a want of definiteness in the system of our training, a want of unity of feeling as to the length and kind of training needed, and specially a considerable vagueness as to our social position. These conditions have made our position extremely unsatisfactory, and we hope the new Association starting with a high standard of ethics will be able to accomplish some good work, and will help to bind together a very scattered body of workers. I may say that the NURSING RECORD is always looked forward to with much eagerness by the staff of this Asylum.

AN ASYLUM ATTENDANT.

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