

Mrs. Holland said that the doctors would see that the patients really required the food.

The Chairman: Mr. Mulgrew cannot mean to argue that we are going to supply inferior meat to keep people from applying for relief.

Mr. Mulgrew: I am giving the arguments of the Relieving Officer, and not my own at all. Continuing, he said he was heartily in sympathy with the objects of the invalid kitchen, but at the same time the Relieving Officer did not think it was possible to adopt the plan at the present, for the reason stated.

Mr. Mulgrew remarked that they would get from the kitchen about three times the quantity of food for a penny as they would do in any other way, whilst it was also much better prepared. The food was distributed by ladies, and a large number of the poor in Birkdale were by this means kept from obtaining relief out of the rates."

Mrs. Barrett's proposal was ultimately referred back to the Southport Relief Committee, so that it is to be hoped, for the sake of the sick and suffering, it may be adopted in the near future.

"ANOTHER Infirmary Nurse" writes:

"It is sad, but inevitable, as brought out in 'Echoes' last week, that a retrograde policy must rebound, and usually injures those persons who attempt to prevent the natural evolution of things. The very active opposition of the Medical Superintendent and Matron of the Marylebone Infirmary and other Poor-law officials, to some form of legal status for Nurses naturally produces in the minds of the Guardians contempt for our interests and position. We must not blame ignorant Members of Parliament, who are not likely to consider Infirmary Nurses any more than they are likely to trouble themselves about the opinions and interests of other voteless females. The blame is at our own door, in keeping disorganised, and therefore the irresponsible, creatures which we are; and of course the cruelly unjust Bill was passed, depriving us of our just salaries, without any organised protest from Infirmary Nurses. And may I ask what encouragement we have received from Dr. Lunn and his colleagues in the past, *to think, judge, or act for ourselves* in matters which concern us *as a body*. I say, unhesitatingly, none whatever. Nurses are usually treated like idiots, professionally and politically. Here, moreover, is another lost chance for the Royal British Nurses' Association. What attempt was made by that Society to prevent this gross injustice to a large body of women? None. Indeed, Madam, I think it is high time we Nurses did form ourselves into a Society to protect our own interests. I should suggest that you added another reform to your excellent list, say 'A Parliamentary Bills Committee,' to watch our interests in Parliament."

We think this a valuable suggestion, and shall refer to the subject in due course.

THE programme for the usual winter educational courses at Toynbee Hall includes special courses by trained Nurses on First Aid to the Injured, and Sick Nursing. This is a very valu-

able part of the admirable work done at the Toynbee settlement, which has done so much to regenerate Whitechapel.

APROPOS of a reply to a correspondent on the subject of prolonged night-duty, we have received several interesting notes, from which we give the following extracts:—"Night-Nurse by Choice" writes: "Do you not think a Nurse should be allowed to remain on night-duty if she prefers to do so. Even if the work *is* injurious to health, may not a grown woman decide for herself?"

We think decidedly no. In the first place, any deterioration of health in a Nurse must reflect on her patients. "Tiredness," when it reaches a certain point, is apt to manifest itself in irritability and that want of calmness and evenness which are so essential for the well-being of the sick. And the question whether adults may or may not injure their health by overwork and unhealthy condition has been answered long since by the restrictions which legislation has put on labour, and by the care which has been taken, under the Factory, Mines, and other Acts, to ensure work being done under comparatively healthy conditions.

"Hermit-Nurse" writes: "I am fortunate enough to be a permanent Night-Nurse, and I cannot see that there is any hardship involved. I hate day-duty, with all the noise and hurry and excitement of the visiting surgeon's and physician's rounds. How much better, by contrast, is the calm, quiet, and rest of the night, when all my patients are absolutely under my control, Sister quietly asleep, and no fuss about anything. I really feel sometimes as if I hate the day."

Now this letter is a strong argument to prove that prolonged night-nursing is markedly injurious to health. The writer of this note is quite a young woman, and yet the substance of her letter goes to show that she prefers darkness to light, and that she shuns the society of her fellows. *Ergo*, she is in a morbid condition. It is natural to every young person to enjoy light and sun, and to enter with zest into the life round about him or her. A healthy young Nurse thoroughly enjoys the little excitement of the visits of the seniors, and takes a keen pride in

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