

*To the Editor of "The Nursing Record."*

MADAM,—Of late I have seen several advertisements apparently from trained Nurses, setting forth their powers of renovating faded complexions, and "doing faces up like new." So I was specially interested in the way "A Seeker after Truth" has put the problem before the readers of the RECORD.

The desire for beauty is natural to women—indeed, I should say to all humanity—for there can be no question that the loss in men of an ideal of physical perfection is a morbid condition. Time was when men, in common with women, had a standard of beauty for themselves—and I should say they were much handsomer in those days than they are now! For, with the loss of the desire to appear graceful and comely in the eyes of woman, man has deteriorated to an alarming extent in beauty and symmetry.

Women have kept their beauty, largely because they have cared to keep it, and owing to the eternal law of the survival of the fittest and "natural selection."

Men do not need to cultivate perfection—physical or mental—because they will be "naturally selected" for their money or social position. Hence they have ceased to cultivate the arts and graces by which, in a more natural state of society, they would alone have the power to charm.

But to return to the Nurse and the question of whether "beauty making" is a legitimate branch of her work. Assuredly I should say "Yes" if she plies her art by improving the health of her patients. Assuredly "No" if it means the scientific application of pastes and pomades, skin tighteners, and dyes.

If a patient suffer from an unsightly eruption, surely it is legitimate for the Nurse to use persuasive powers and gentle hints that diet may do much. Surely, too, the Nurse may point to laws of health, the value of fresh air, and sound, wholesome living,

Who better than the Nurse may persuade a woman that beauty and tight stays cannot long go hand-in-hand, and that wrinkles and lines are best effaced by a relaxation of waist and an absence of chest constriction?

Massage, also, is essentially a Nurse's work, and massage is a great beautifier, mainly, of course, from the effect it has on health, and by improving the circulation of the blood and the nutrition of the tissues.

Let every Nurse bear in mind that it is as much Nature's law that every human being should be beautiful, as it is Nature's law that everyone should be healthy. By breaking Nature's laws we have introduced disease and ugliness. Let it be the work of all Nurses and doctors to bring back health—and beauty too—by teaching the laws of health. Thus will more be done than by practising the arts of cosmetics and paints. These are but the covers of ugliness. We paint a swarthy skin and we call it beauty. We might just in the same way cover up an unsightly wound or a diseased joint and make believe it was health. We dye our faded hair, we rouge our pallid cheeks, we pad our wasted forms, and thus we pretend we are not "degenerates." But it is only a pretence. It would be far better to let people appear as they really are; and then we might be induced to make for health and simple living, which, after all, is nature's beautifier.

Sincerely yours,  
ANTI-COSMETIC,

#### PROVISION FOR OLD AGE.

*To the Editor of "The Nursing Record."*

MADAM,—“A Self-Helping Woman” has struck a keynote which must appeal to a large section of her fellow-Nurses.

We hear of Superannuation of workhouse officials arranged on a Government plan, and a very unfair plan it seems to be. But I should like to hear something of a fair, sound scheme of a Superannuation and Benefit Scheme for Nurses. It is astonishing what can be done by united effort.

Why could not the Nurses have some system like the Foresters' Society, which would tide them over hard times and sickness, and provide for old age.

I, for one, find nothing attractive in the prospective pauperdom of my declining years. And yet, to save the small amount which it would be possible for me to put by, is such a drop in the ocean as to be absolutely disheartening.

Truly yours,  
ECONOMICAL.

*To the Editor of "The Nursing Record."*

MADAM,—In striking contrast to the case pointed out by “A Self-Helping Woman,” where the Cardiff Workhouse Committee awarded a Nurse a superannuation allowance of £13 per annum, I should like to point out that the Infirmary Committee of the City of London Union have recommended that Day Nurse Collier be awarded a superannuation allowance of £43 15s. per annum, being 35-60ths of the value of her present salary and allowances.

Mr. Laurie, in moving the adoption of the recommendation of the Committee, said that Nurse Collier had been in the service of the Board for 22 years, and had always given the greatest satisfaction.

Mr. Lyon said that he wished to support the recommendation, as he had a very high opinion of the Nurse. He hoped that the Local Government Board would sanction the pension.

May I be allowed to congratulate this Committee on dealing fairly and honestly with a well-trying worker, and to express a hope that the Local Government Board will sanction a pension which will, I trust, enable Nurse Collier to enjoy a comfortable rest after her 22 years of hard and faithful service.

Truly yours,  
FAIR PLAY.

#### A QUERY.

*To the Editor of "The Nursing Record."*

MADAM,—Can you inform me whether there are such places as private homes which are licensed to receive a patient insane, though not violently so, and who could be accompanied by a relative? At present, she is in an Asylum, but no relative would be allowed to lodge in the same building. If you know of some quiet cottage in town, or not very far in the country, where her relative might be taken as a boarder in the same house, I would feel much obliged for the information. You might also say the cost, as our means are limited.

Yours sincerely,  
G. H.

[Perhaps some of our readers can help our correspondent?—ED.]

[previous page](#)

[next page](#)