

The athletic girl—the golfer, the cyclist, the footballer, and cricketer—is a “very good fellow” but—she is not a woman. She is a neuter—a thing whose sex can only be distinguished by the clothes it wears. Dress her like a boy, and it will be hard to tell the difference. Now, as I said at the outset, I do not know much about Nurses, but I would say, Heaven help the sick if they are to be nursed in the future by the masculine, biceps-developed, hard-muscled Nurse who has gone through an athletic training. I would also say that a great majority of men of the present day are suffering from the athletic craze. Men of to-day seem to me to be conglomerations of dried-up tissue. Their muscular fibres are hard as iron, and so are their sympathies. Men and women both were more tender-hearted and kind “in the days when I was a girl.” People nowadays seem to be worn sharp, bright, and thin by over-use of their muscle fibres. It is a craze that cannot last, this incessant round of golf, biking, and perpetual motion. The condition of unrest of to-day is appalling. It is almost impossible to find a peaceful spot, or a home where there is any rest. The women who used to be comforting and soothing at home, and to whom their husbands and children went for consolation and rest, are biking and rushing about in search of some new use to which their muscles may be put, and they are sharp-tongued and argumentative at home, so that their husbands and sons find more rest in hotels, clubs, and theatres than they can ever get at home.

The men, too, are overworked in mind and muscle, and are ever on the tramp, and ever seeking records on their bikes, so that *they*, too, are losing many of their good qualities. The result is Pandemonium. Restless, ceaseless activity everywhere. Effort, overtiredness, pessimism, and jarring in nearly every home I know. Oh! for the good old times of soothing, quiet women, and tolerant, large-hearted, cheery healthful men!

Sincerely your,  
A RESTFUL WOMAN.

#### “A COURSE OF LECTURES ON MEDICINE TO NURSES.”

To the Editor of “The Nursing Record.”

MADAM,—While appreciating the very kind way in which you speak of my “Lectures on Medicine to Nurses” in your issue of Nov. 14th, I should like to mention one small matter in which your reviewer hardly does me justice.

While criticising adversely Dr. Goodhart’s diet for a child ten months old, he writes as follows:—

“A child of ten months should not be left foodless, as is recommended, from 11 p.m. to 8 a.m. . . . Treated with such abstinence. . . . he would rouse all the inmates of the house at a very unearthly hour.”

Surely your reviewer must have overlooked the recommendation that a meal be given to the child “about 3 a.m. if it be wakeful.”

I should not have ventured to trouble you over such a small matter, had not your reviewer treated it with some emphasis.

I am, yours faithfully,  
HERBERT CUFF.

South Western Hospital,  
Stockwell, S.W.  
November 23rd, 1896.

#### BEATTY v. CULLINGWORTH.

To the Editor of “The Nursing Record.”

MADAM,—Referring to the report of this case in your issue of to-day, while I have reason to be grateful to my legal advisers for the zeal and ability shown by them in the case, I have reason to complain that by a harsh application of the rules of evidence, facts which I desired to submit to the jury and which would certainly be considered by persons of common sense as having an important bearing on the case, were excluded.

The evidence I refer to was that of statements made by me to my sister and another witness immediately after the operation detailing my instructions to the defendant Surgeon. I shall be guided by legal advice as to what further steps are taken in the case to remedy what I cannot but feel to be a cruel injustice.

Meanwhile I think it is matter of concern to the public (especially that unfortunate part of the public coming under the description of Hospital patients), that they should be left as this verdict appears to leave them entirely at the mercy of surgical practitioners, to whom the wishes or instructions of their patients are, and need be matters of no concern.

I am, sir,

Your obedient servant,  
A. J. BEATTY.

Member of the R.B.N.A., &c, &c.

Charlotte Street,  
Fitzroy Square, W.  
November, 21st, 1896.

#### GRIEVANCES OF GOVERNESSES.

To the Editor of “The Nursing Record.”

MADAM, I do not wonder that governesses complain about being down-trodden,” as I saw reported in last week’s RECORD. Enclosed is an advertisement from the *Morning Post*:—

**WANTED**, a MORNING GOVERNESS, one and a half hours daily, for boy aged six, near Victoria Station; salary about 30s. a month.

Now, here is a woman who has to journey daily, probably necessitating an omnibus fare, or a walk involving expenditure of time. Allowing half an hour for the removal and putting on of her things and settling her little pupil, she remains two hours in the schoolroom, so that she really would hardly be able to get in another engagement in the morning, unless they were very close together. And for this she gets *one shilling a day*. Probably Mrs. X, who thus advertises, would loudly and eloquently deplore the “social evil,” and would draw aside her skirts if she were to pass down Regent Street and Piccadilly in the evenings. But she never stops to think that it is advertisements of this kind, and the beggarly payment offered to women of education and training that fill Regent Street and Piccadilly. Women and the meanness they show to other women who are dependent on them do more to fill our streets than do men’s vices. I often think that these “unfortunate women” are right when they say, “It is better to trust to the mercy of men, however bad they may be, than to be at the mercy of women, for whom we should have to work if we were respectable.”

AN INDIGNANT GOVERNESS.

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