

Britain, and have decided that on and after July 1st, it shall be known as the *British Journal of Nursing* (with which is incorporated the NURSING RECORD), and thus proclaim its relation to those nurses throughout the British Empire who, with ourselves, are working for the consolidation and welfare of their profession. The new *British Journal of Nursing* will stretch out the hand of fellowship and friendly greeting to all nurses, both at home and in our distant colonies, and we are confident that as the NURSING RECORD in the past has laid the foundations of the bond of professional union and friendly feeling which is to be found between British nurses throughout the Empire; so under its extended title this bond will be cemented, and that a cordial welcome awaits a journal even more distinctively their own in the future than in the past.

### Annotations.

#### THE BENEFITS OF WATER AS A BEVERAGE.

Water which has been filtered and boiled is usually supposed to be free from injurious bacteria, but some interesting experiments have been recently made by Mr. Russell, which prove that, when boiled water is inoculated with typhoid and colon organisms, these usually multiply. If, however, this water is passed through a Berkefeld filter, or sterilized with ether, these organisms dwindle and die, the water being poisonous to them. But it is an interesting fact that if this same water is heated to about 60 degs. for ten minutes its poisonous qualities disappear, and the above-mentioned organisms can thrive in it. The conclusion arrived at by Mr. Russell as the result of these experiments is, that water contains water bacteria which destroy the typhoid and colon bacilli in the same way that the leucocytes and alexines of the blood destroy organisms which are foreign and prejudicial to it. If this theory be correct, the practical conclusion is the importance of flushing the intestinal tract by allowing patients plenty of water to drink.

#### PHYSICAL DEGENERATION IN CITIES.

The physical degeneration of the inhabitants of large towns is a question of national moment, and one which, in view of the hospital returns from South Africa, is of paramount importance, for the returns show a deplorable physical weakness in His Majesty's forces, and afford practical demonstration of the need of building

up a stronger and healthier race to fight the battles of their country. The statement first made in 1885 that no such person as a "pure Londoner" of the third generation exists still remains uncontradicted, and Mr. Cantlie has recently shown that the waste of life amongst those pent up in populous cities is appalling, and is due especially to the want of fresh air and the disinclination of city-bred persons to take exercise. City-bred children grow up under conditions almost as unnatural as those in which caged animals are kept. It is of the utmost importance that the conditions of life of the working classes, who are the backbone of the country should be such as to maintain their physical health, and Parliament should insist that the dwellings of the poor are constructed in accordance with sanitary laws and with due regard to the adequate provision of light, air, and a proper water supply.

#### THE VIENNA HOSPITALS.

The Ministry of the Interior at Vienna, in conjunction with the Supreme Council of Health, is about to issue a series of administrative orders regulating the treatment of patients in public hospitals in Vienna. For a long time the condition of the hospitals in Vienna has been known to be far from satisfactory the patients being largely regarded as clinical material, and the nursing being to a great extent in the hands of unsuitable persons, and in no way up to the standard of the present day. The present official action is regarded as an acknowledgement that there are grave abuses to be remedied in the Vienna hospitals, and the chief amongst these is no doubt indicated in the statement of an American medical man that Vienna is a famous centre for medical students, because they can there "get at" the patients in a way which would be impossible in England or America. Whether or not this is correct, it is unquestionable that the object of the present orders is (1) to dispel the suspicion with which the Vienna hospitals are regarded by the poor who have a deep aversion to entering them, and (2) to introduce safeguards against the abuse of patients for experimental purposes. We have no hesitation in saying that one of the greatest safeguards, as well as the most effective method of popularising the hospitals, would be to reorganise the nursing on a thoroughly satisfactory basis under the direction of refined and educated gentlewomen.

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