

**"To have a body rich in health,
Is to possess the greatest wealth."**



**"The richest in flesh-forming and energy-producing constituents.
There is No Better Food."**

Dr. ANDREW WILSON, F.R.S.E., &c.

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PROFICIT DEFICIT."

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Editorial.

"SHOP."

IT is frequently laid to the charge of nurses that they talk of nothing else but their cases. Whether the fault lies chiefly at their door or not is an open question, for certainly the public exhibit an overwhelming curiosity for detailed information concerning the previous experiences of the nurses whom they employ, and the stories afterwards related as evidence of the unjustifiable tendency of a nurse to talk shop may have been unwillingly extracted from her under a brisk cross-examination. Still, we all know that the absorbing interest of our life is the one which comes most readily to our lips, and it behoves us to take heed and to avoid all possible cause of reproach.

In the first place nurses should consider themselves bound to hold sacred any knowledge they may acquire in the discharge of their professional duties, both in regard to the physical condition and to the private affairs of their patients. This will be admitted by all who are possessed of a nice sense of honour.

But beyond this there is a debatable ground of what may appear harmless and amusing gossip, and it is precisely with regard to this

that nurses need to exercise most discretion and reserve.

The best way of guarding against the tendency to talk shop is to be acquainted with other topics of interest. Here many nurses are at a disadvantage, for their education has been ill-balanced. In the past the education of women has been notably neglected and superficial, and the only subjects in which many nurses have been thoroughly educated are those connected with the calling which they have chosen. Men, realizing the undesirability of cultivating to a high degree one section of the mind, and leaving the rest fallow, are wiser in the organization of their professions, and insist upon evidence of general education as a necessary qualification for admission to them. The League of St. John's House Nurses has come to a wise decision in encouraging its members to systematically cultivate their minds in other directions than nursing, by a scheme which we report in another column. Beyond the fact that the self-instruction scheme proposed cannot fail to be an interest and pleasure to the members it must, by bringing non-professional interests into their lives, help them to steer clear of the danger of falling back upon "shop" as a topic of conversation.

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