

districts open and ripe for work if they are only looked for.

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THE Editor desires me to say that he hopes to have the prospectus of the Nurses' Pension Fund, which I mentioned a short time ago, ready at the latest for the Christmas number of the *Nursing Record*, and will enquirers please note this? I may also mention, on my own account, and for the information of my fellow-workers in the field of Nursing, that Mr. Editor is hoping to complete with the aid of another powerful Insurance Association a sick fund, by which, upon payments amounting to only a few pence weekly, Nurses will receive from ten shillings to £3 per week during any illness occurring whilst in the performance of their duties.

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Miss C. J. WOOD, the energetic Secretary of the British Nurses' Association, recently delivered a lecture on "Modern Nursing" to a large and appreciative audience, at Northampton, under the auspices of the Northamptonshire Institute for Trained Nurses, and which was full of interest, as the following selections (reprinted from the *Northampton Mercury*) will show.

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"Miss Wood said sick nursing was the creation of these days, and although the period when the first Hospital was established was far away in the remote past, yet it was within our recollection when the Trained Nurse was first introduced into the Hospitals. The name of Florence Nightingale at once sprang to one's lips. But farther back than Florence Nightingale there stood St. John's House, where trained women were first provided for the tending of the sick—rich or poor—in their own homes. In the Hospitals themselves, the nursing of the sick by women was not thought of, although they were allowed to perform varied works, as cleaning, giving medicine and meals, and watching by the bed of any patient unfit to be left by himself. In doing the work they did, these women naturally picked up a certain amount of nursing knowledge.

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"PROCEEDING, Miss Wood pointed out the great advantages of a Hospital training, and added that the qualities of a true Nurse must be inherent in the nature, and then the woman would find her vocation in their development. Trained Nurses were especially valuable in cases of typhoid fever. Another particular in which the Trained Nurse was of great service was in cases of diphtheria. Miss Wood had no hesitation in saying that it required the most experienced Nursing of any illness. An experienced Nurse would read aright the various symptoms, interpret their urgency,

and with this knowledge be able to advise the Doctor of an emergency arising. It was impossible for a Doctor to have his eye continually on the patient; hence the importance of a thoroughly skilful Nurse.

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"Miss WOOD pointed out vividly the importance of fresh air and wholesome food in the preservation of health. Amongst those foods which were especially wholesome and life-giving she instanced milk and brown bread; and although the speaker would not go so far as some, and state we should have no rickets if young children were fed on whole-meal bread (for there were other causes for rickets, as dark, damp, unwholesome dwellings), but there was no doubt the white bread had much to do with the disease. Though no advocate of an exclusively vegetarian diet, she was of opinion there were many articles of food used by the vegetarians which were very valuable, and which for their greater economy might materially lower the butcher's bill. Speaking of alcohol, although not going to enter into the question of use in disease, she might say that in her experience a great change had come over Doctors in this respect, and the quantity of alcohol used now in the treatment of disease was quite two-thirds less. With regard to its use in daily life, there was no doubt the healthy were better without it, and for young children the effects were decidedly harmful. She would most earnestly say, avoid alcohol as you would poison, and she would ask them especially not to put it in the way of the Nurses.

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"THE temptation was especially strong in the watches of the night, and she always advised the liberal use of chocolate to combat the exhaustion, for after all alcohol was but spurring a jaded horse. In conclusion, Miss Wood referred to the harm which accrued to her profession from the fact that there was no uniform standard from which the Nurse could be judged. Every woman who had made a failure in life thought she could become a Nurse, whether she was suited or not, and it was these who brought the profession into disrepute. They got the same remuneration as those who had been trained in the Hospital. Therefore she considered there was a need for an Association which had just been formed which was anxious to remedy this. The names of the Nurses would be entered at this organisation, and their qualifications would thus be known and vouched for.

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"THE chair was taken by the Bishop of Leicester (the Ven. Archdeacon Thicknesse), and amongst those present were the Rev. Canon Hull, Miss Thornton (Hon. Sec.), Miss Stewart (Lady Superintendent), Miss Burnham (Assistant Sec.),

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