

without hard-and-fast rules of "my work" and "thy work," by which the patient is often the sufferer. Patients first and self second should be a private nurse's motto.

I may be unusually tough, but I have not been out for days, and yet my health does not suffer, but I always have a real rest between cases.—Yours truly,
AN OLD-FASHIONED NURSE.

To the Editor of the "British Journal of Nursing."

DEAR MADAM,—I prefer an hour not later than 10 p.m. for changing duty when private nursing.

First, as regards the patient, it is important; all will be agreed that he should settle down for the night in good time. This I find in practical experience many patients do not do until his nurses have changed over. Also, if sleeping draughts are ordered they are usually given not later than 10 p.m., and even the slight noise caused by the change of duty is a disturbing element.

Secondly, as regards the family, they generally prefer to see the night nurse before retiring, as one finds out if one takes the trouble to consult them. And thirdly, for oneself. If one is on day duty by getting up at seven one can have a delightful walk from 8 a.m. to 9.45 a.m. in summer, and in winter a good brisk turn for an hour before going on duty sets all one's blood tingling, and one is warm for the rest of the day. If on night duty in summer, a walk before one goes on duty is delightful, and there is no difficulty in getting a cold meal with tea or coffee about 9.15, or if one prefers it one can get one's exercise in the morning—which I prefer—before going to bed.—I am, Dear Madam, Yours faithfully,

EXPERIENTIA DOCEAT.

THE DANGERS OF RAILWAY TRAVELLING.

To the Editor of the "British Journal of Nursing."

DEAR MADAM,—The terrible death in the Merstham tunnel has made many women who have to travel daily home from their work at night increasingly nervous. I have often had to dodge in and out of carriages rather than be left alone with a member of the male sex, albeit the majority may be most harmless beings. Once lately just as the train was starting (I was alone) a horrid-looking man began to get in, so I clutched the carriage door and said: "Either you or I must get into another carriage." His impertinent answer, "I have no objection to your travelling on the engine if you choose—leave go the door," proved that his looks did not belie him. So out I got and lost my train.

"Ladies' carriages" are quite impossible to tired workers, noisy children and squalling babies taking up most of the space. It is time there were "nursery compartments" as well as "ladies' carriages," and that all children and babies should be compelled to travel in the former, and unencumbered women permitted peace in the latter.

The truth is there is a great deal of love-making carried on in railway carriages. One realises that when one steps into a compartment occupied by two persons of the opposite sex, who scowl one out of countenance for daring to interrupt their amenities.

Of course, corridor carriages would put an end to all these abuses. Then why are not the railway companies compelled by law to arrange a safe system? They have their disadvantages, but murder cannot be counted amongst them.—Yours truly,

A JOURNALIST.

Comments and Replies.

Miss James.—You should obtain and study carefully the rules of the Central Midwives' Board. As you are bound by them, and will be held by law responsible for their infringement, it is most important that you should be well acquainted with them.

Nurse Robinson.—The Matrons' Council of Great Britain and Ireland, of which Miss Isla Stewart, Matron of St. Bartholomew's Hospital, is President, for many years kept the Registration Flag flying single-handed, and the nursing world at large owes much to the Council and its President for the consistent and courageous stand which they have maintained on the Registration question, which is one of primary and vital importance to all nurses.

Nurse P., Stockport.—You should write to Messrs. E. and R. Garrould, 150, Edgware Road, London, W., for their new Red Cross Catalogue. It is profusely illustrated, and you will have no difficulty in making a selection from it of the articles you require.

A Busy Nurse.—You can help on the registration movement in two definite ways, even if you have not very much spare time at your disposal. (1) By inducing other nurses to become members of the Society for the State Registration of Trained Nurses, and (2) by interesting members of the public, and more especially Members of Parliament in the question.

Miss M. E. Pearson.—We should advise you to first obtain a three years' certificate in general nursing. You will then be in a position to obtain most benefit from a course of instruction qualifying you to obtain a certificate as a midwife or a maternity nurse.

Notices.

THE SOCIETY FOR STATE REGISTRATION OF TRAINED NURSES.

All those desirous of helping on the important movement of this Society to obtain a Bill providing for the Legal Registration of Trained Nurses will find an application form on page vi., or can obtain all information concerning the Society and its work from the Hon. Secretary, 431, Oxford Street, London, W.

Those nurses who are working on behalf of the above Society, and are endeavouring to spread knowledge as to its aims, may be glad to know that they can now obtain a Memorandum, giving briefly the reasons why Registration is necessary, from the Hon. Secretary, 431, Oxford Street, London, W. Price 6d. for 20 copies.

Those interested in the efficient organisation of nursing should procure the Annual Report of the Society for the State Registration of Trained Nurses from the Hon. Secretary. Six copies, post free, 7d., or one copy 1½d. It gives a brief review of the history of State Registration.

CONTRIBUTIONS.

The Editor will at all times be pleased to consider articles of a suitable nature for insertion in this journal—those on practical nursing are specially invited. The Editor will also be pleased to receive paragraphs, such as items of nursing news, results of nurses' examinations, new appointments, reports of hospital functions, also letters on questions of interest to nurses, and newspapers marked with reports of matters of professional interest.

Such communications must be duly authenticated with name and address, not necessarily for publication, but as evidence of good faith, and should be addressed to the Editor, 20, Upper Wimpole Street, London, W.

OUR PRIZE PUZZLE.

Rules for competing for the Pictorial Puzzle Prize will be found on Advertisement page viii.

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