

"NEGLECT NO OPPORTUNITY."

To the Editor of "The Nursing Record."

Sir,—An interested lay friend desires me to hand you the following cutting, which she thinks might be of interest to your readers, having been taken from a deceased Nurse's scrap book some years ago.—Yours, &c.,

DUM SPIRO SPERO.

"FAT PEOPLE.—Dr. Chambers, a Gulstonian lecturer for the present year, has delivered a series of very interesting lectures in the theatre of the Royal College of Physicians, on the subject of 'Corpulence, or the Excess of Fat in the Human Body.' Heretofore, we have been in the practice of associating the idea of health with fatness; but Dr. Chambers views it rather in the light of a hereditary disease, handed down from parent to offspring; and it is this hereditary transmission which has made corpulence endemic in several countries. The whole Anglo-Saxon race, since the days of Erasmus, has exhibited a tendency to fatness, and there are no indications as yet of its disappearance. Among other nations, the proportion of corpulent persons is very much smaller than in England. The Irish and Scotch have comparatively few fat persons among them. The Americans are proverbially 'lanky.' The French and Italians are mostly lean. Generally speaking, fat displays itself in excess only in well-fed persons, who indulge in ease and luxury, just as dyspepsia and gout do. But there are many instances where fat has displayed itself without any excess of feeding. It has even been brought on, as in the case of Mary Queen of Scots and Napoleon Bonaparte, by confinement and grief. In most cases, however, mental anxiety or activity has a thinning effect on the human system—

'Yond' Cassius has a lean and hungry look;
He thinks too much: such men are dangerous.'

The way to consume the surplus fat is to increase the quantity of oxygen inspired—in other words, to increase the quantity of active physical exercise taken. No hunter, nor hard-working artisan, nor private soldier, is ever discovered in a fat state. Constant exercise keeps down the accumulation of fuel, which idler men are punished for, by being compelled continually to carry about with them. If they would rid themselves of their load, they must reduce the quantity of food taken, and increase the quantity of active exercise; it is only thus that they can bring the respiratory and nutritive processes into harmony."

NURSES AND FLOWERS.

To the Editor of "The Nursing Record."

Sir,—As you have invited the criticisms of your readers upon this subject, permit me to observe that in my judgment a good deal turns upon the point as to whether the flowers are natural or artificial. If the latter, there cannot be but one opinion—they would not be suitable to, nor harmonise with, the austerity of the regulation bonnet of a Nurse's uniform, for they would only tend to make it worse than it is.

With respect to natural flowers, I cannot see why Nurses should not wear them in uniform; they would relieve its gloom. A bunch of violets, lilies of the valley, a spray of jasmine, or a sweet pure rose would by their beauty and fragrance give something of a charm to their professional attire.

So much goes to this question of uniform. Is nursing to be for ever servile? Such is sometimes the depressing thought of your correspondent.—Yours truly, JUSTITIA.

To the Editor of "The Nursing Record."

Sir,—Being a Nurse I hardly care to write so strongly as I feel, fearing to censure my fellow-Nurses; still, if I may give my own experience on Nurses wearing flowers, I must say Nurses do not improve themselves by wearing flowers

whilst on duty. They are open to many remarks in more ways than I care to describe. Suffice to say I feel sure those Nurses who wore "pink roses in a uniform bonnet" must have felt after the fête was over like the jackdaw who decked himself out in peacock's feathers, thinking to look brighter and gayer than his solemn brother jackdaws.

It is a pity Nurses do not feel proud of their uniform, knowing it enables them to pass safely and respected through many thoroughfares unprotected and guarded from every insult, which would be otherwise if they wore pink roses. I refrain from writing further, not wishing to leave a sting behind.

"Then speak no ill, but lenient be
To other's failings as your own."

—Yours faithfully,

MARY JOHNSON.

REPLIES TO CORRESPONDENTS.

* * * May we ask all those who desire to obtain information from us to please, before sending in their queries, kindly look through the BACK numbers of the "Record" to see whether the questions have not been dealt with before?

Miss Tyson.—Write to any or all of the following, though we fear you will not meet with much success in the matter:—Poor Children's Aid Society, 3, Agar Street, Strand, W.C.; Mrs. Hilton's Creche, 12, 14, and 16, Stepney Causeway, Commercial Road, E.; St. Andrew's Creche, 37, Mortimer Street, Cavendish Square.

Miss Murray.—We fear not, except through advertising freely. We hear a great deal of the overcrowded state of the Nursing profession, but the fact is that well-trained, good, reliable Nurses are very scarce indeed.

COMPETITIVE PRIZE ESSAY.
SEVENTEENTH COMPETITION.

A Book of the value of One Guinea will be awarded for an Essay upon the following subject:—

Give full particulars, with Notes as to Temperature, Dietary, &c., of at least Four "Cases," Medical, Surgical, Mental, or Monthly, Nursed by Competitor herself, and describing, if possible, the Case from its commencement to its termination. Temperature and Diet-charts, &c., should accompany Essay if possible.

RULES.

1.—Contributions must reach the Editor, at the office of THE NURSING RECORD, addressed as follows:—"Prize Essay Competition, THE NURSING RECORD, St. Dunstan's House, Fetter Lane, London, E.C.," not later than Monday, June 30, 1890.

2.—Manuscript must be written distinctly in ink and on one side of the paper only, upon not less than 24 nor more than 48 pages of ordinary-sized ruled sermon paper. The pages must be numbered and fastened together.

3.—The real and full name and address (stating whether Miss or Mrs.) of the Competitor must be inscribed on the back of each contribution, and notification of which Hospital or Institution the Competitor has been or is attached to.

4.—Trained Nurses or those personally associated with Nursing work only allowed to compete.

The decision of the Prize Essay Editor to be final, and any infringement of the above Rules will be considered a disqualification.

NOTICE.—The Prize Essay Editor will not undertake to return MSS. unless accompanied with a sufficiently stamped addressed envelope. In no case must manuscripts be rolled up when sent by post; they must be folded.

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