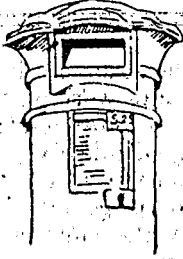


## Letters to the Editor.



Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not in any way hold ourselves responsible for the opinions expressed by our correspondents.

## FOR EVER AND EVER.

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

DEAR MADAM,—Thank you for your little paragraph re my belief in the usefulness, not to speak of the power, of the Matrons' Council. I have always had a great respect for that body, and a great belief in its capabilities. It was Napoleon, I think, who said that an army fought and conquered on its stomach, and its feet. Equally true of a hospital. I have seen methods of treatment come and methods of treatment go. I have seen carbolic sprays, absolutely essential to correct surgical procedure, relegated to the scrap heap. I have applied sixty poultices in one day to the patients of a surgical ward, and have lived to see poultices treated with derision and contempt. I have seen many a gay balloon of fresh experimental treatment launched with hope and confidence only to sink gently back to Mother Earth, punctured; but I have never, never met a hospital that did not require a steady supply of clean sheets and a square mid-day meal.

Yours faithfully,

M. MOLLETT.

Royal South Hants and Southampton Hospital.

## SIMPLICITY THE FOUNDATION OF GOOD NURSING.

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

DEAR MADAM,—I was very interested to read the article recently on the care of the breasts. It is one more proof of the undesirability of "meddlesome midwifery." We used to be taught to give vaginal douches as a routine practice to every lying-in woman. Now we know these to be undesirable, except under special circumstances, and—unless in the most careful hands—dangerous.

The management of the breasts was again a complicated business, if for any reason the mother's milk had to be dried up. Breast pumps, belladonna plasters, massage, bandaging, the aid of all was invoked. But we learn now that these are unnecessary, and that the best restrictive bandage is that applied by nature. There is also a considerable difference of opinion as to the application of the mother's binder, and it seems likely that after the infant's binder has served the purpose of keeping the dressing in place until the cord separates that it, too, may be abandoned as useless and even injurious. Does not all this tend to show that simplicity in nursing as in everything else, is the best policy, and that the nearer we approach to it the better nurses we are? Just as the present simplicity

of aseptic dressing is infinitely superior to the complicated methods in vogue under the antiseptic system, so modern midwifery is immeasurably in advance of the meddlesome methods of the past.

I am, dear madam,

Yours faithfully,

A LOVER OF SIMPLICITY.

## THE COLOGNE CONGRESS.

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

DEAR MADAM,—When 1912 is here no end of nurses will want to go to Cologne to attend the International Congress of Nurses, which is sure to be splendidly organised by our German sisters, and if they do not save up for it the money will not be to hand. May I make a suggestion—that we begin to save now—so that we can enjoy a real holiday in comfort when the time comes, and see all there is to be seen. With economy a little tour in South Germany could be accomplished, and £10 to £15 ought to be saved; or if we put by 5s. to 10s. a month a nice little sum would be ready by the summer of 1912. Will anyone offer to act as "Bank" in the meantime?

Yours truly,

A MEMBER OF THE INTERNATIONAL COUNCIL OF NURSES.

## Comments and Replies.

We must apologise to semi-private correspondents for delay in replying to their letters. No doubt they will accord forgiveness when they remember that this is General Election week.

*Probationer.*—You will learn many details of practical importance in your work from experienced nurses under whom you work which you will never find in any text-book. It is a good plan to write these down, so that in course of time you may have a valuable note-book for reference.

## Notices.

## RULES FOR PRIZE COMPETITIONS.

## THE NEATEST NURSE PHOTOGRAPH.

We offer 10s. for a photograph of a nurse in uniform, neatness to be the test of excellence, with permission to publish the same. The photographs must reach the Editor at 20, Upper Wimpole Street, London, W., not later than Saturday, January 22nd. Photographs sent which do not win the prize will be returned.

## AN ARTICLE ON A PRACTICAL NURSING SUBJECT.

We offer £1 10s. for an article dealing with Practical Nursing of from 1,400 to 1,500 words, to reach the Editor not later than Saturday, January 29th. By arrangement with competitors articles other than that to which the Prize is awarded may be selected for publication.

Each competitor must enclose her name and address in full.

## OUR PUZZLE PRIZE.

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

[previous page](#)

[next page](#)