

should always sleep in pyjamas and girls in sleeping suits or *very long* nightgowns.

It is only in very severe cases that the services of a trained nurse are requisitioned, and before undertaking such a case she should consider it well in all its bearings, as these cases, being of long standing, are not curable in a few weeks, and on no account should there be a change of nurse; therefore they should not be lightly undertaken.

It will mean incessant vigilance on the part of the nurse for two, three, or more months; the child must on no account be left alone for a single instant, or the care of weeks may be undone. Under these circumstances only those who really love and sympathise with children should undertake such cases.

The nurse should also be fond of fun, full of resource in regard to games, etc., but withal firm, and even severe, when necessary.

The decision made and the case undertaken, then all the resource, energy, and determination of the nurse must be concentrated upon a complete cure; it can be and has been done, and it is well worth the doing.

How well repaid a nurse feels when a patient who has been given over to death by the doctor has, through God's blessing upon her skill and care, been restored to health. But how much greater the satisfaction would be to so care for and strengthen a weak character who has fallen a victim to a bad habit, the nature of which he scarcely understands; to encourage, help, and at last know that a child, or it may be even an adult, has been brought through the abyss and is once more safe on the path of virtue and purity, with physical health restored and moral sense straightened and strengthened? For this habit is as depraving as either drink or drug taking; even more so, in fact. The victims of either drink or drugs are generally selfish (happily) in their bad habits, but the victims of masturbation are by no means content with their own depravity, but very often induce others to share with them their bad ways.

So serious is this considered that if it is known that a child practices this bad habit all public schools will be closed to it, as it not only saps all the manhood of the boy and womanhood of the girl, but it spreads like a canker among the others.

I feel quite certain that many will say it is not nearly so prevalent or so bad as I have depicted it. I only ask nurses who are interested in the moral as well as the physical well-being of the nation to watch more carefully their small patients after putting them to bed at night, and to ask mothers if they have ever seen their children "playing with them-

selfes," as this is the common phrase; and to search for cases as they pass through their districts and wards day by day; then I think they will quickly learn that the reality is indeed as black as it is painted.

And if this paper is the means of saving but one child from a polluted and degenerate life it will have accomplished its work.

MARY BURR.

The Nurse as a Social Worker.*

By MISS H. L. PEARSE,

Superintendent of School Nurses under the London County Council.

The positions open to trained nurses as workers for the good of the community increase constantly, and this is bound to be so as the effect of systematic training on character is more fully realised. Work of any kind, to be worth having, needs certain qualities: it must first be conscientious, then skilful, well thought out, intelligent, and adapted to the needs of the people for whom it is done. To work well, therefore, requires special training, as one fully understands when one remembers the days when one began work in a hospital. How impossible it seemed to get the required amount done in the given time! And yet, after being subjected to the routine and discipline of a ward, everything seemed to fit into its place, and one could achieve what before seemed impossible.

The woman who has undergone such a training comes out of hospital a very useful instrument for many purposes, and has a peculiar aptitude for social work, and is increasingly employed in many ways. I have not time to do more than mention the many, and enter into a few details as to my own particular branch.

Nurses are more and more appointed as health workers, nurses in factories, sanitary inspectors, in which capacity they are peculiarly useful, as members of care committees, as inspectors for infant life protection, and last, but not least, School Nursing. In this work of infant life protection they have to visit and inspect homes of women who undertake to look after a "nurse" child. Details of accommodation are gone into, and advice is given to parents on questions of healthy conditions and feeding for infants.

The idea that every woman has instinctively a knowledge of how to feed and bring up an infant is becoming exploded at last, and nurses

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