

dividual care or personal prevention of disease as such; the other, the means of social or deep lying prevention of the *causes* of disease. The former is the more immediate, the latter more fundamental."

In regard to personal prevention, the writer advocates the prevention from earliest childhood of all stimulation of the delicate nerve centres and fibres that are connected with the genital organs. "Such habits may arise even with babies, in complete innocence, of course, and if not checked may be less innocently continued by older children with grave danger both to health and morals . . . for older children there should be definite warnings of the dangers they may meet, as carefully and explicitly given as directions in taking a perilous journey. To leave little girls, especially, in ignorance of what these dangers are is as wicked as it would be to expose them to wild beasts. Such warnings should be given at an early age. The little girl of twelve has a simple seriousness and sagacity, which may be looked for in vain if she remains untaught and undisciplined up to sixteen or seventeen, when youthful gaiety often runs into recklessness. . . .

"Equally criminal is it to let the boys go to boarding school or college without the most serious and intimate counsel and warnings against the horrible diseases lurking amidst the 'wild oats' that they may thoughtlessly sow. . . . The writer has learned from the personal knowledge of the head of a large hospital in a great university centre, of the numbers of young men who come in for treatment for loathsome diseases. A painful feature of this calamity is that 'the mothers are never told the truth; the fathers come and some reassuring falsehood is sent home.' It is thus evident that in such cases the mere fact of the mother knowing the truth is greatly dreaded. Therefore, if it could be certain that all mothers would learn the truth, is it not likely that a powerful deterrent to evil courses in university life might be brought into play?"

The writer regards the present repudiation by eminent physicians of the ancient heresy of "physical necessity" so long upheld by men and tacitly assented to by women, as a most hopeful sign. She writes:—"To maintain it has been, indeed, an insult to all those men whose lives are and have been pure, and one must wonder that such men have so long permitted so detestable a doctrine to go unchallenged."

Concerning marriage, the writer holds that "no parent should allow a daughter to marry without securing authentic proof that the pro-

mised husband is free from disease. This is incontestably a duty of parents of the utmost gravity and importance, neglecting which all their previous care, expense, and nurture lavished on the daughter may go for naught. An honourable and virtuous man will willingly give such testimony, and might rightly demand on his side assurances from the parents as to their daughter's inheritance. Such enquiries are not impossible. They could all be conducted by the trusted physicians of one or both families with entire privacy and dignity. Fathers find ways to inform themselves of the business standing of prospective sons-in-law, and health is far more precious than money."

In regard to the nursing care of cases of venereal diseases, the writer points out that "nurses should observe as rigid a technic of disinfection as in diphtheria or other acute infectious fevers. . . . It is the right of every nurse, for self-protection, to know what she is taking care of, and it should be impressed upon all nurses that they must invariably insist upon knowing the diagnosis in the cases they care for. It has not infrequently happened that nurses, kept by the attending physician in ignorance of the venereal origin of patients' maladies, have contracted them. It is also true that if all nurses were sufficiently well taught and trained, it should be second nature with them to avoid all infectious contact. The proper precautions being observed, nurses and all others should clearly comprehend that there is no danger whatever from the simple presence of cases of venereal disease amongst other people, and no more danger in caring for them than there is with cases of ordinary sepsis. Accidental infection arises solely from ignorance; this cannot be too strongly emphasised.

After dealing with the Social Methods of Preventing Prostitution, Miss Dock concludes: "A new ideal needs to be formed; an ideal of the worth and dignity of human life, and of a commanding place and power that must be assumed by women in all that pertains to the cherishing and ennobling of the race. This ideal must be built upon the single standard of sex morality, and it must be attained by a gradual process of assumption of knowledge and authority by women, to the end that they may finally produce a nobler and a finer race of men."

The appendices to the work contain much useful and interesting matter, including the paper read by Miss Mary Burr at the International Congress of Nurses, giving "Statistics of Criminal Assault upon Young Girls."

Once again we commend this book, published by G. P. Putnam's Sons, price 6s., to all nurses.

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