

In Honour of Florence Nightingale.

A special meeting with this object was held, by the kind permission of Mrs. Denebas, at her house at 34, Elgin Crescent, Ladbroke Grove, on Wednesday, November 2nd, under the auspices of the Women's Freedom League.

Mrs. How Martin presided.

The audience had the pleasure and privilege of listening to Surgeon-General Evatt, who was a personal friend of Florence Nightingale. He held the attention of his hearers by the impassioned way in which he spoke of the genius and the understanding heart of this wonderful woman.

What was the secret of her success? he asked. Pithily came the answer—

"*She knew her job.*" This was his text, and from it he showed that education and efficiency are the mainsprings of success.

Florence Nightingale was highly educated; she had a brain and knew how to use it; her success was due to her education rightly directed. The speaker insisted, with great vigour of thought, upon the value of efficiency and accuracy. General Evatt had asked her what was her chief impression at Scutari. The reply had been: "*The absence of an authority that knew anything.*" In order to infuse some of his own earnest admiration for Florence Nightingale into his hearers, he made use of some distinguishing metaphors. "She was like an ice-breaker; she was like a torpedo, thrusting her way through the darkness, bringing light and space. The stupidity of those in authority caused the blunders that she had to rectify." But the very essence of this good woman's work was her practical sympathy, which made her realise the importance of the value of the "ultimate man." Officialism and red-tape appear to have been of more value than human life. This she could not tolerate.

Twenty thousand soldiers died, and only three thousand from their wounds.

Why did the men suffer so terribly from dysentery? Because they were so brutally fed.

Why did they drink? Because they were so abominably housed.

Into the midst of this mass of stupidity and ignorance Florence Nightingale came, bringing *Light and Life and Space*, the products of sympathy, common sense, and education.

General Evatt cleverly adapted the word Scutari to symbolise official muddle and disorder; he reminded his hearers that we still have our "Scutaris" among us to-day, and, lest we should be unduly puffed up with the complacent thought of accomplished reform, he added, "*Why do infants die?*"

[Why, indeed? To a great extent because as civilisation increases the instinctive knowledge which enables primitive races to rear and protect their young diminishes, and, so far, the education which should replace it is miserably inadequate.]

Miss Hare also spoke.

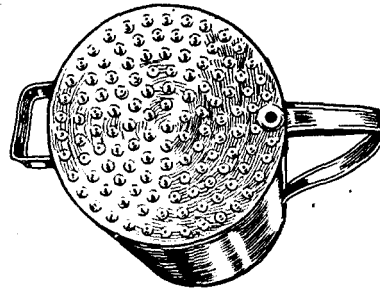
After the meeting dainty refreshments were served by the kind hospitality of the hostess.

B. K.

Practical Points.

A Hand Shower Bath.

We commend to the notice of our readers the Müller Hand Shower Bath, illustrated on this page. Shower baths are not unfrequently ordered, and are found to be of considerable therapeutic value in certain cases, but are not always readily available. The present bath obviates the difficulty. The vessel



depicted is strongly made of metal, and can easily be filled with water of any temperature desired. By merely inverting it the contents escape in a well formed shower. It is supplied by Messrs. Ewart, Seymour, and Co., Ltd., 12, Burleigh Street, Strand, W.C.

Baby Carrier. A Simple Sling.

I think few maternity nurses know of the "Baby Carrier." It is simply a sling, worn by the nurse, in which the baby lies. The sling supports the baby from under the arms to under the knees; the nurse supports the baby's head with her left arm, leaving her right hand free to carry a parasol, or hold up her dress over a muddy crossing. The weight of the child is all on the nurse's shoulder, over which the sling passes; and this is much less fatiguing than the usual way, when the arms have to carry all the weight.

The sling is not seen at all, the strap passing over the nurse's shoulder being hidden by her cape. The net in which the child lies is covered by the cape of its cloak, or the end of its shawl can be draped over it.

M. H.

Massage for Tired Feet.

The old East Indian method of giving scientific massage to the feet has been taken up again, and is considered of great value to those who are fatigued.

First—The hands are moved upward, one after the other, on the raised feet, so that the blood is driven upward.

Second—The hand is moved in a rotary way from side to side, beginning at the toes and stopping at the middle of the calf.

Third—The palm of the hand and the tips of fingers are applied in a rotary movement with great force and pressure.

Throughout all the massage the feet must be raised and supported. It is useless to do it when they are on a level with the head.

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