

those workers in their midst who do not chance to be able to think as they do, and attend *their* church, viz., the Church of England. Is there any good reason why a spade should not be called a spade? Surely, Sir, the members of the nursing profession have just as much right to their own opinions (religious or otherwise) as the somewhat intolerant members of the clerical profession have to theirs!

The men and women, or the nations, or the churches, or the nursing Institutions that yield to necessity, and sink to the level of expediency, instead of keeping to the height of principle, should be the objects of our pity, as being victims of a misfortune which has vanquished their judgment. PROGRESS is the law. But progress cannot be made by *any* profession that is being tied down to "religious serfdom," superstitions and conventionalities.—Yours truly,

PALMAM QUI MERUIT FERAT.

BEEF-TEA: A POPULAR DELUSION.

To the Editor of "The Nursing Record."

Sir,—Some writer says, "Man has the power to discover causes and to remove the ills that flesh is heir to. It is a grand birthright, this power, this free will. The history of the discovery of the methods for the prevention of pain in Surgical operations should be studied by all those who doubt man's power to alleviate and remove the pains of life." "The people want Hope. It is a splendid tonic; there is no medicine like hope."

"Gather up the fragments that remain, that nothing be lost." I have, therefore, pleasure in handing you herewith the particulars of a process whereby many a good dinner for poor convalescent patients has been obtained and enjoyed during the long winter months; and I gladly confirm all the accompanying extract says concerning this too popular delusion. Truly, genuine philanthropy, strong determination, patience and perseverance has enabled some of our District Nurses to work wonders. "Go thou and do likewise."—Very sincerely yours,

SISTER JOSEPHINE.

"It is believed by many people that the beef of which beef-tea has been made is only fit to throw to the cats and dogs. Sir W. Roberts says:—'The notion prevails that the nourishing qualities of the meat pass into the decoction, and that the dry, hard remnant of meat fibre which remains undissolved is exhausted of its nutritive properties, and this latter is often thrown away as useless. A deplorable amount of waste arises from the prevalence of this erroneous notion. The proteid matter of meat is quite insoluble in boiling water, or in any water heated above 160 degs. Fahr. The ingredients that pass into solution are the sapid extractives and salines of the meat, and nothing more, except some trifling amount of gelatine. The meat remnant, on the other hand, contains the real nutriment of the meat, and if this be beaten to a paste with a spoon, or pounded in a mortar, and duly flavoured with salt and other condiments, it constitutes not only a highly nourishing and agreeable, but also an exceedingly digestible form of food.'"

LONDON HOSPITAL NURSES.

To the Editor of "The Nursing Record."

Sir,—I desire to ask one very simple question about the charges against the London Hospital. *Are they true or are they false?* I do not care a split pea who makes the charges, nor why they are made. If they are false, let the Committee of the London Hospital give us chapter and verse to prove them so. If they are true, let them make a clean sweep of those, whosoever they are, who have brought them and their great Institution into discredit, and start again on better lines. I accept mistakes as inevitable, and if they are only mistakes, soon condone them; but I do not

like the notion of deception hiding under the cloak of charity, and do not recognise that abuse is at all equivalent to argument. I write to you, Sir, because you are almost the only paper I have seen which seems to be not afraid to take the part of a defenceless class of women for whom a great regard is felt by—Your obedient servant,

JOHN BULL.

August 25, 1890.

To the Editor of "The Nursing Record."

Sir,—I think our Nursing paper ought to admit letters from Nurses who have been at the London Hospital, and let them tell their own story for or against the present system of management there. I heard that a lady—a Governor of the London Hospital—wrote to the *Daily News*, but although it puts in the letters written by Sisters and Nurses—everyone knows why and whom they are written by—it did not put in her letter written on behalf of the Nurses. I didn't think a Radical paper would be so unjust. The *Daily News* is always talking about oppression in Ireland. If it would give a little attention to the way Nurses are oppressed, I fancy it would be doing much more radical good.—Yours respectfully,

E. C.

August 28, 1890.

To the Editor of "The Nursing Record."

Sir,—I like your remarks generally, but you have not said anything like enough about the London Hospital Nurses. I have read Miss Yatman's evidence in the *Charity Record*, and all Nurses should do so, and I wish you had published the evidence also. But I want to say that I am sure Miss Yatman has told the truth, but not the whole truth. There are lots of other things she should have made public. There is the dreadful way Nurses die at the London. Did you know that in two years eight Nurses died? and goodness knows how many had to go away ill. I have friends in other Hospitals, and never hear of a Nurse dying. Of course not, because they are all strong healthy women, or they wouldn't be taken in. I don't believe the Committee gentlemen at the London Hospital know how cruelly overworked Nurses are there, and how the work breaks them down and kills them, and how they never dare complain of being overworked because, just like many others, they would be packed out at a day's notice. Please do not publish my name or address, because I have nothing but my work to depend on; but I could not help just writing these few lines.—Yours respectfully,

Z.

August 24, 1890.

[Our correspondent and others similarly placed are quite safe. Their very natural desire for anonymity shall be scrupulously observed.—ED.]

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?

E. M. L.—We should advise you to apply to the Matrons of any of the leading Hospitals. There are some very good provincial ones well worthy of attention. The cost depends a great deal upon circumstances; in some Institutions no fee is charged, provided six or twelve months' services be given in lieu of it. If you would write us, giving us fuller particulars of your wishes, we should be glad to do what we can to assist you.

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