

POST-CARD COMPETITION.

To the Editor of "The Nursing Record."

Dear Sir,—I have to acknowledge the books, which reached me safely this morning; many thanks for same, which I am delighted with.—Yours truly, M. POWELL.
The Manor House, Bewdley, Oct. 10, 1890.

HEALTH VERSUS WEALTH.

To the Editor of "The Nursing Record."

Dear Sir,—I echo to the full the sentiments expressed by your correspondent, "Philosopher," in last week's issue of our *Record*. We want more common-sense and less cant in Nursing work all round; more humanity and less cheese-paring, as far as we poor Nurses are concerned.

The question of Nurse-sweating cannot be much longer blinked by the governing authorities of our Hospitals, for the matter will have to be brought home to the hearts and minds of our countrymen and women in all ranks of life, by whose noble and generous contributions our medical charities are supported.

But before we Nurses can appeal to the public for sympathy with and redress of our grievances, we must put our own shoulders to the wheel, pull together and support each other. Individually we can do nothing, or next to nothing; collectively and *unitedly* we may become a power. A large number of us have associated together for the elevation of our art and the good of each other; and how any Nurse can stand supinely by and not join us in the good cause surpasses my understanding, especially in days like ours.

There is no reason why Nursing should not be as healthy as most other occupations for women under sensible and humane hygienic conditions, including two hours in the day spent in the fresh air and sunshine, and shorter spells of duty, from eight to ten (at the *very* most) hours a day.

The great health reform of the future will I trust be that no Nurse shall live or sleep in the Hospital, but in a Home connected with and near to it, containing handsome refectory, reading and recreation rooms, and healthy day and night dormitories, I earnestly impress this arrangement upon those engaged in building or re-building Hospitals. It carries with it a whole code of sanitation.

There is no more extravagant expenditure of Hospital funds than parsimony towards the Nursing Staff. The health of the Nurse is the real wealth of the Institution; maintaining its high standard of efficiency, and bringing inestimable comfort to the sick. The sick nursing the sick is a sorry spectacle indeed!

Let the governing authorities of our Hospitals give earnest thought to this cry for philanthropic reform, and free themselves from the ignoble reproach of indifference to and neglect of the health and comfort of that noble band of women who so long and so devotedly have given their lives to tending the sick.

Money can always be found for bricks and mortar, why not for flesh and blood as well?—I am, dear Sir, yours truly,
MARIAN HUMFREY.

A CORRECTION.

To the Editor of "The Nursing Record."

Sir,—Will you kindly allow me to correct an error which appears in my notes on lectures given by Dr. Orchard, Medical Superintendent of Chorlton Union Hospitals or Withington Hospital, Manchester? In rheumatism please read the *heart* is more or less affected, not *head*.—Yours faithfully,
MARY JOHNSON, M. B. N. A.

[We are under the impression that *both* the head and the heart being affected are common symptoms in rheumatism.—Ed.]

GO TO SLEEP: A WORD TO PROBATIONER NURSES.

To the Editor of "The Nursing Record."

Sir,—In those hopeful days of Probationership I well remember our eminent Lady Superintendent saying, "Obedience is the *first* duty of a Nurse." Of course, one does not all at once learn to believe it to be the proper thing to "go to sleep" in the afternoon of the day; but, failing this, what about the silent Wards of our great Hospitals at night? So, in the words of the cutting below, I would hasten to pass on the refrain, for "those who come after will not reproach us for the clumsiness of our workmanship or the poverty of our material if we bequeath them a noble design, or, at least, one worthy of imitation."—Yours faithfully,

SISTER JOSEPHINE.

GO TO SLEEP.—When the time comes, and you enter on the business of sleep, attend to it with all your heart and soul and mind and strength. Here is the bed all ready for you, and you are ready for it. Put out the light, step into bed, pull up the coverings and go to sleep. That is what the bed is for, that is what you are for. Yes! If you wish, as your head rests on the pillow, you may thank the good God for His mercies, the pillow not the least of them, and you may offer your prayer—that is, if you have not done it on your knees at the bedside. But that is all. You are not to ask yourself whether the day has been a good day or a bad day. You are not to review the past, or look forward into the future. You are not to plan that letter which you will write. You are not to think of anything but *sleep*. You are to go to sleep, and, if you can, you are to stay asleep until the morning comes. And so soon as you can teach yourself that sleep is a duty, and a central duty—that it is not an accident, an incident, or a mere bit of good fortune—the more able will you be to keep yourself in training at the critical moment. Resist the temptation to carry on the business of the day in the hours of the night, hours which are reserved for a very different affair.

COMPETITIVE PRIZE ESSAY.
TWENTIETH COMPETITION.

A Book or Books of the value of One Guinea will be awarded for an Essay upon the following subject:—

"In a Hospital containing fifty beds you are called upon to furnish it throughout with the requisite linen. The Staff of Nurses number twenty; Ward Maids and Attendants living in the Institution, twelve; House Surgeon also to provide for. What would you do, and how much would you feel inclined to spend, giving a full list of material and articles required, with prices?"

RULES.

1.—Contributions must reach the Editor, at the office of THE NURSING RECORD, not later than Saturday, November 15th, addressed as follows:—"Prize Essay Competition, THE NURSING RECORD, St. Dunstan's House, Fetter Lane, London, E.C."

2.—Manuscript must be written distinctly in ink and on one side of the paper only, upon not less than 24 nor more than 48 pages of ordinary-sized ruled sermon paper. The pages must be numbered and fastened together.

3.—The real and full name and address (stating whether Miss or Mrs., of the Competitor must be inscribed on the back of each contribution, and notification of which Hospital or Institution the Competitor has been or is attached to.

4.—Trained Nurses or those personally associated with Nursing work only allowed to compete.

Winners in previous Competitions are permitted to compete, but in case of a "tie" the prize would be awarded to the Competitor who has not secured a prize before.

The decision of the Prize Essay Editor to be final, and any infringement of the above Rules will be considered a disqualification.

NOTICE.—The Prize Essay Editor will not undertake to return MSS., unless accompanied with a sufficiently stamped addressed envelope; and in no case will he be responsible for any loss of same during transmission, &c. In no case must manuscripts be rolled up when sent by post; they must be folded.

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