

"Unless the women will obey a woman there is no spirit of obedience in the house" might be true. Another wise woman has said, "If a woman chooses to tyrannise over women there can be no despotism equal to it." There is, however, an infallible test: "Every right action, however hard at the time the self-denial and self-sacrifice may be, gives us pleasure then and afterwards; whereas, with every wrong action the pleasure is marred at the time we indulge in it by fear of the consequences, and it leaves a perpetual sting in the dread of discovery by others, and our own lessened self-respect, and the remorse that more or less accompanies every deviation from the right path." Ye brave and gentle sisters, please note!

Perhaps the one great drawback of too many Matrons is the blind and indifferent regard which they seem to oftentimes evince as to the vastly increasing intelligence of the Nursing profession in general and the outside world in particular. Is it not true that the public are now intensely interested in Nursing, and also very appreciative, and prefer to do honour to those who are serving them so well—the Nurses? And it is idle to talk of the "insubordination and dissension in Nursing Homes," while those very committees are, in ignorance or blindness, winking at the "sweating systems" and "despotism" carried on within their walls.

On the other hand, I fully realise how gigantic are the two powerful forces arrayed against the Matron—the Committee and the Nurses—but at the same time, no man has ever gained anything by closing his eyes to the truth; and he never will. "Who are so blind as those who won't see?" It is, or should be, I take it, a Matron's duty to see and know what is going on around her; and, if needs be, to go straight-way to her Committee and say, "*Here is a wrong; right it!*"

Can anyone who is acquainted with the tone of thought current amongst Nurses come forward and say that "seeds of insubordination and dissension" are not already sown broadcast in far too many (so-called) Nursing Homes? And is it at all surprising that the number of Nurses who hold such Homes in light esteem should so rapidly increase? "Watchman, what of the night?"

But there can be no change for the better while men and women are valued by their wealth or their creed. The well-to-do, the regular attendants at church or chapel, and the most powerful pecuniarily will doubtless always have many friends, let their character be what it may; whilst the poor and those who stick to their convictions and principles, however estimable and good, will have but few.

"It is this which makes us all so base and mean—this Mammon worship, that renders society such a sham—that makes Englishmen—as Thackeray has told us that we are—a nation of snobs. The love of gold hardens our hearts, dulls our moral vision, stifles the noblest instincts of our nature, and proves our religious belief to be a mockery. As all religions teach the doing of what is right, therefore all professions of 'being religious' must be false if the actions are opposed to what is virtuous and morally good. No really religious man or woman could lead the life required by modern society." How awfully intelligent we all are!

As your energetic correspondent, "Theodora," suggests, and very rightly so, "The world is striding on faster and faster every day; and if we do not keep pace with it we must learn to be content, sitting by the wayside, and looking at the pageantry of busy life from a distance."—I am, Sir, yours obediently,
GEORGE HALEY.

To seem not to hear remarks which are intended to annoy you is a species of negative insincerity which is in many cases commendable. It disappoints and baffles the insulter and prevents a profitless war of words. Such dissimulation may be the means of preventing a breach of the peace; and the "easier way is the best" when the other way is not imperative.

BE cheerful always. If in misery and pain, remember that it is a long lane that has no turning, and that when you do get to that turning you will be out of your trouble.

AN obtuse and stolid adherence to things as they are should never be dignified by the name of loyalty. If no one changed his ideas or methods, if no one lifted his thoughts or his conduct from a lower to a higher plane, the world would stand still, and stagnation would ensue.

OF all the dark traits that disfigure the human race, that of wishing to belittle or degrade the character of another is the lowest.

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 refurnish 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.

The "Nursing Record" POST-CARD EXAMINATIONS.

No. 6.

A Book or Books of the value of Five Shillings will be awarded to the best answer to the following question, addressed, "Nursing Record Post-Card Competition," St. Dunstan's House, Fetter Lane, E.C. All answers to this question to reach us not later than November 1st, 1890:—

"Describe a week's dietary most suitable for a Nurse."

(a) The answer must be written (neatness and distinctness count to credit) in ink, on a *thick* post-card, with the full name and address of the candidate at the *top*. The successful candidate's answer will be printed in *fac-simile*.

(b) All associated with nursing work are accepted as candidates, but in case of a "tie" a subscriber will naturally have preference, and for this reason each candidate must mention at the *bottom* of the post-card, "I am a subscriber," or "I obtain the NURSING RECORD from—"

(c) The decision of the Examiners to be final.

* Give name and address of newsagent where obtained.

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