

collar and cuffs, she invites attention far more than the quietly dressed girl who loses half an hour of her precious outdoor time by changing her dress. I always think when I see one of these aggressively conspicuous nurses in the street, that in the sick-room she will be aggressive also, whereas the nurse who wears her cloak to cover her dress and keep her warm, and who has left her apron and scissor chains at home, gives me the idea that she has a sense of fitness, and values things for their uses and not for show."

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THEN Miss Landale quotes some remarks which appeared in this Journal some months ago :--

"An Englishman abroad is very often said to walk along a pavement as if it were his private property; but some ladies in uniform go a little farther, and promenade most haughtily. Another habit, generally indulged in by those who are easily recognised by the practised eye as young probationers, is that of talking to one another in a cheerful and ringing voice, on the top of an omnibus and other suitable spots, about their wards, surgeons, and patients; a trifling sketch of some thrilling operation being occasionally thrown in. We have seen a sturdy man descend hastily from the roof of a Road Car to escape the further details of a highly interesting tracheotomy case, which were being discussed with much earnestness by two very young nurses behind him. There is one thing which is, however, unfortunately anything but common to all nurses, and that is a really neat and tidy outdoor uniform." True, we must remember that these are nurses who are taking their recreation, and are, no doubt, tired by their work, but there is too often the dress of the Sister of Charity, or perhaps more correctly speaking, *Cousin of Mercy*, combined with the untidy coiffure and levity of behaviour worthy of a school girl escaped from bounds, or a cheap tripper at the seaside. I may seem to some rather severe, but the contrast jars on one intensely, and is a subject of common remark. One ground of my plea for an inconspicuous outdoor uniform dress is that, were the dress less conspicuous, behaviour might be less noticeable."

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DR. SCHOFIELD'S paper is most instructive, both to Nurses and the community at large. He begins his address as follows :--

"What I want to impress deeply upon your minds is, that an increased knowledge of hygiene is urgently wanted, not only amongst the laity, but among all ladies engaged in nursing. There is, I know, a popular theory abroad that nurses are now so trained and instructed in medicine and surgery that if a trifle more were added their brains would succumb altogether, but I am sanguine enough to think that there may still be room for the elements of hygiene. I want to arouse you to a sense of the great importance of this subject. It may seem absurd that nurses should try to prevent disease after being specially instructed to fight it, but I venture to believe that the science of preventing disease will advance more and more, and that the nursing profession will find it more and more necessary to be skilled in it."

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CONCERNING drains he writes : -

"With regard to drainage, there are two principles which you can remember in every house you go into, and they are so easy to understand that they are no trouble to remember them. Drainage is a subject not yet properly attended to, even in some of our greatest London Hospitals, and the negligence of our present generation will be considered quite extraordinary fifty years hence, considering that a great Hygienic Congress was held here only last year. But I come to my two principles. The first is--that a drain must be ventilated; namely, that outside the house an independent pipe connected with the drain shall be carried up above the roof. This prevents all accumulation of sewer-gas, and is

more especially necessary in high-lying localities, such as Hampstead, &c.

"The second principle is--that all overflow pipes from the cistern or baths should be discharged into the open air over a trap, and not into the drain."

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DR. SCHOFIELD'S remarks on clothing might be taken to heart by some of the wasp-waisted Nurses, whose silver buckles are now such a conspicuous feature in so-called uniform :--

"The next preventable cause of disease is bad clothing. There are here three principles to be remembered, *i.e.*, that the body should have no compression, no depression, and no oppression. The clothes, moreover, should cover the body equally in every part, and not so tightly as to interfere with the exercise of any organ. It has been discovered within the last few years that our Text Books on this subject are somewhat in error in stating that men and women had naturally two different modes of breathing; the female type being costal, by means of the upper ribs, whilst the male breathed principally with the diaphragm. It was, indeed, only by dressing up a woman for a long period in men's clothes, that the discovery was made that the difference in respiration was entirely due to the clothing. Naturally the confinement of the lower six ribs leads to many evils, and nurses might often say a few words on this when nursing amongst the upper classes, in order to show the danger of constant pressure on the lower half of the lung. The upper half of the lung--which is the chosen seat of consumption--is overworked, whereas the lower half of the chest, the chosen home of congestion of the lungs, is kept in such a torpid state that I believe the influenza epidemic was able to make greater havoc amongst its victims on this account. Thus, you see, that for breathing purposes neither the upper nor lower ribs should be subjected to pressure, and, as we know, women naturally breathe with all the ribs just as much as men.

"The sudden changes of clothing without any reference to the temperature are an additional source of danger. Some ladies go out one day with an immense boa of feathers round the neck and the next day without anything, and, indeed, the changes in their attire seem to be dictated by the place to which they are going and not by such trivial considerations as those of weather."

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I SHOULD advise anyone interested in Nursing politics to send sixpence halfpenny to the Secretary, 8, Oxford Circus Avenue, with a request for the *Nurses' Journal*. In reading it they will feel the pulse of modern nursing progress.

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THE evidence given before the House of Commons' Committee appointed to consider the Midwives' Registration Bill, by Mr. GEORGE BROWN and Dr. HUGH WOODS, is so eminently practical that I gladly quote the report in the *British Medical Journal*. It must be borne in mind that these gentlemen are both in general practice, and are therefore thoroughly qualified to express an opinion upon this important subject :--

"Mr. GEORGE BROWN, M.R.C.S., L.S.A., said he had been in general medical practice for nineteen years, and was President of the General Practitioners' Alliance, the Council of which had requested him to give evidence against the proposed Bill. Their chief reason was that it would permit women who professed to practice midwifery to assume responsibilities for which they were insufficiently educated and inadequately trained. Whilst not opposing women ex-

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