

children. To prevent muscular insufficiency, the young girl should develop herself, as does the boy, with sports such as rowing, swimming, climbing, etc., all of which will make good, strong muscles. Healthy exercise of the whole body and careful and frequent bathing should form part of her daily routine. She should not lace, for by so doing, she retards the development of the generative organs. Diet is another important factor. Strong, steady nerves are as essential as good, sound muscles, and for this reason good, nourishing food, a nerve builder as well as muscle builder, must be eaten. It has taken long years of experience to teach us that the babe needs quantities of fresh air, should not be smothered in clothing, and that nine-tenths of the illnesses which prove fatal to young children are due to improper feeding. For this reason, the important organs of lactation should be given the greatest care from earliest girlhood. There is something in mother's milk, a life-giving something, that the finest chemistry cannot find or imitate. If these few but most essential rules be carried out, I feel sure that the coming generations will be such that we may be justly proud.

Virginia.

C. G. H.

"I WAS \* \* SICK \* \* AND YE VISITED ME NOT."

Dear Editor: While acting as registrar at a nurses' central directory in one of our large eastern cities, I was amazed to learn how many exceptions the nurses are taking to the cases to which they are called. Having a good many calls from neighboring towns, to which a nurse is not called unless she is absolutely needed, I found it almost impossible to fill the demand. When I called nurses who were registered for outside duty, I would receive such replies as these: "Oh, I cannot go away out there in the country." "It is too hard." "I won't go out of the city, I told you that before." Many similar replies were received, until I became discouraged and fearful. Sometimes, after going over a list of 30 nurses, I would be obliged to call on another registry (not under the same management) to fill the call. Once, when I called a nurse who was registered for outside duty, for an emergency case, at eleven p. m., the reply was: "I told you I did not take night duty. If they get a nurse tonight, I will go in the morning." She was evidently very indignant. The patient's friends were willing to send a cab, or do anything reasonable to obtain a nurse, for they were in distress. I told the physician in charge of the case that I had about fifteen nurses on the list and could not secure one for him. His reply was: "What are those nurses for? What do they expect? Must a patient have a disease just to fit their ideas of nursing before they will accept calls?" He finished his remarks by saying: "The practical nurses are fast winning the ground passed over by the trained nurses, because the trained nurses are too independent and too selfish to see the human side of it." There are today a great many trained nurses at the head of nursing organizations who have for years struggled hard to raise the standard of nursing. Will not these younger nurses who are making so many exceptions and limiting their profession, think of their pledges, broaden their views, endeavor to aid the physician in his work, and bring comfort and confidence to the sick and needy?

New York.

A. B.

#### LETTERS FROM RED CROSS NURSES

Dear Editor: We had an uneventful trip over, for which we are very thankful, and after several days at the port, we came to our temporary head-