

thousand annuity policies are applied for by the first of January, 1890, the guarantee and bonus fund will be returned to the donors, and the fund wound up." Now what are we really to understand by a provision of this kind? A provision which on the face of it appears to us by itself quite sufficient to deter any right-thinking and reasonable person from entrusting his or her monies to this particular fund. To put it in as plain English as we possibly can, the applicant is to have the trouble of filling up a form of proposal, and sending it in to the secretary, and to wait calmly and patiently until January the first, in the year eighteen hundred and ninety, before he or she knows whether he or she is likely to receive any benefit or not, or if the fund is after all to be established.

Further than that, the prospectus does not say that any subscription which the applicant may have paid up to the date above given will or will not be returned. So we presume, upon the statements before us in the prospectus, that the applicant has to take in addition a pecuniary risk also. The unbusiness-like nature of a prospectus of this kind ought to be apparent to even the veriest tyro.

We notice that in *The Hospital* of last Saturday there is an attempt to credit this journal with being animated by a "hostile spirit," and a regret is expressed that we are regarded as representing the views of the supporters of the British Nurses' Association.

*The Hospital* seems almost as unhappy in its remarks in this respect as it has been in its endeavours to form a pension fund, for rather than express ourselves as hostile to the fund, we have stated as distinctly as can be stated, that we welcome most heartily any society for the relief of nurses *if we are only shewn—we are not asking to be convinced* (we italicise this)—that what is being provided for them is at least equal to the benefits which can be obtained from any present existing proved workable and sound association. So far we must emphatically affirm that the benefits and provisions offered by the National Pension Fund for Nurses are not, in themselves, able to compete with other insurance societies which we shall in further articles mention, comparing rates and other details.

There is an old adage very prevalent in the legal profession, that "if you have a weak case, abuse the other side," and *The Hospital* appears to be acting on this plan. Failing to give any satisfactory explanations of the weak points which both the *Lancet* and ourselves have shown up, it takes refuge in some ill-considered remarks concerning the "bias" of the *Nursing Record*, and the "wrecking propensities" of the *Lancet*. Such iterations are not creditable to the promoters of the fund, still less to the editor of *The Hospital*, and we feel convinced will not conduce towards obtaining or increasing any respect which nurses and the public generally may or may

not have or feel towards the fund in question, and the endeavours of those associated with it; and if the letter of the actuary of the National Pension Fund for Nurses is intended as a full and satisfactory reply to the *Lancet's* trenchant criticism, all we can say is that it has most signally and deplorably failed in its object, and we are not at all surprised to find the *Lancet* refusing it publication in its columns.

(To be continued.)

### WHAT TO READ.

"SWEATING" AMONG TAILORS AT LIVERPOOL AND MANCHESTER.—*The Lancet*, April 21st, page 793.

A DEFENCE OF OLD MAIDS.—*The Weekly Scotsman*, April 21st.

THE PYGMY RACES OF MEN. By Professor Flower, C.B., F.R.S., &c.—*The Times* (weekly edition), April 20th.

### MASSAGE.

THE hygienic treatment known as "Massage Treatment"—rubbing or kneading the body—is very ancient. The name is derived from the Greek, "To knead," and the Arabic, "To press softly." The Chinese practised friction, kneading, manipulation, and rubbing thousands of years before the Christian era. Rubbing and anointing are parts of this system of hygiene. Plutarch tells that Julius Cæsar had himself pinched all over daily to get rid of neuralgia. Diet, bathing, exercise, and friction are usually sufficient to keep one in good health. Massage, in skilled hands, invaluable treatment for liver, neuralgia, dyspepsia, obesity, nervous exhaustion, &c. Special baths were prescribed for rheumatism.

### HINTS FOR NURSING.

A sick room should have little furniture.

A fire is the best ventilator; coal should be wrapped in paper, and put on without noise.

Doors should be made to shut, windows to open.

Room should be kept clean by dusting with a damp cloth.

Visitors should sit between the door and the patient, and get the benefit of the fresh air; not between the fire and the patient, so as to get the foul air.

A sick room should be kept tidy; plates, cups, &c., should be at once removed.

Medicine should be given with clockwork regularity.

Symptoms should be written down from time to time by the nurse to show the doctor.

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