

of vitality must be conserved through the winter months, until holiday time comes round again.

I have still another scheme for the consideration of Nurse. The hydropathic establishments, scattered broadcast over the land, are inexpensive, sanitary and amusing, and so numerous that Nurse can almost choose her locality where she will. North, South, and Midland, they are to be found in fashionable watering-places, and in more retired country haunts. Carlyle writes of "wet wrappages, and solitary sad steepedges," but with exception of one or two, notorious for treatment, they are more frequented by visitors in search of pleasure than health. They remind one a little of boarding-school days, notably when a large bell rings vigorously half-an-hour before breakfast, and when you are fined for a late appearance, which fine swells the funds of the recreation committee, which committee will be a new experience to Nurse, to whom it is recreation not to work. It consists of a selected number of visitors, who devote a portion of their time to arranging amusements for the evening, comprising recitations, concerts, charades, &c., given with great energy, and occasionally talent. Sometimes a professional is engaged, when the visitors are merely audience, and a small payment is made for programmes, to defray the extra expense. Evenings so arranged pass pleasantly, but if any object to the entertainment, or prefer a quiet evening, there is a ladies' drawing room, provided with literature of various kinds; a library also is to be found, but its doors are locked, and only give way upon payment of twopenny, when one set of books may be chosen in the ordinary way. There are out-door games provided, such as tennis and croquet, and in most places nicely laid out grounds, in which to walk and sit; terraces, and creeper-covered summer-houses, where little parties, attracted to each other by sympathy or curiosity, gather in the afternoons and discuss the merits and demerits of their neighbours, much as does the world, I am afraid, in the Hospital, and in Belgravia. The food is simple, dinner being usually a mid-day meal of three courses, followed about six o'clock by "high tea," and later, a supper, consisting of cocoa, biscuits, porridge, and hot water. Another reminder of boarding-school life occurs in the regulations of retiring to bed by rule. Gas being turned off in the reception rooms at half-past ten o'clock, intimates that it is time for dispersion, and the visitors obediently depart to their rooms. Hydropathic treatment will be interesting to Nurse, and an inspection of the mummies, in different arrangement of "wrappages," both amusing and instructive—ininitely more amusing than an experience, which in the season when flies abound, and one's hands are secured in a blanket, can be more easily imagined than described.

The visitors take exceeding interest in each other, and somewhat resemble a large family gathering, with perhaps a deduction of the "home truths," that are frequent and salutary in the privacy of the home circle, and with which the rough edges of affectation and conceit are unmercifully rubbed; probably similar remarks are made, only they are made to one's neighbour, so the opportunity of improvement is not equal. Here, also, driving parties are organised, to all places of interest at a reasonable distance; most of the establishments possess a drag or coach, which start once or twice during each week for a circumscribed tour, and for which seats are booked and small payment made to the secretary or other appointed official. An omnibus conveys visitors to and from the railway station, parties gathering in the hall to speed the parting guest, sometimes with secret gratification, but often with regret.

Many Nurses prefer to spend their holidays with acquaintances, and, from a financial point of view, this may be necessary. But however considerate they may be, there is an amount of conformity to be observed, not always compatible with entire rest; and the more kindness Nurse experiences, the more desirous will she be to make return, a tax upon one whose holiday is very limited, and whose daily life is devoted to the consideration of others. I do not wish to advocate selfishness, but, when one is tired, and nerves probably overstrained, there is real need of absolute freedom, and complete rest. Of course, these are questions for individual decision; rest to one would prove unrest to another, and it is impossible to lay down any rule of conduct to be observed by all. I merely offer suggestions emanating from experience, which possibly may be useful to some, as a delineation of life under different aspects. Spend it how she may, Nurse's holiday concludes all too quickly. Dearly though she loves her work, another week of *dolce far niente* would be welcome; but Nurse consoles herself with the inevitable, and the welcome of her colleagues lies sweet before her. It is no strange land to which she is returning, and, even in the short time elapsed since her cab rolled through the gates, changes of interest will have occurred; and, as the old familiar faces gather round with hearty welcome, the glad feeling that welcome always brings steals into her heart, and her rest that night is no less peaceful, because her life's task is once more in her hand.

THE SANITARY INSTITUTE.—At a meeting of the Council of this Institute, held on the 25th inst., at the Parkes Museum, 74a, Margaret Street, W., Sir Douglas Galton, K.C.B., F.R.S., &c., in the chair, thirty-eight members and associates were enrolled.

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