its kind in the United Kingdom) was instituted exclusively for the benefit of gentlewomen anxious to be of use to others or to support themselves by their own exertions, and who have a decided taste for Sick Nursing. Candidate must be a lady by birth and education. Proof of same required. Candidates under thirty years of age preferred. A personal interview with the Lady Superintendent imperative. A fee of \pounds 50 to be paid in two instalments of \pounds 25 each (the first on joining the Training School, which is returned if the lady does not remain over her month of probation, with a deduction of four guineas in consideration of the inconvenience to the Institution of constant changing of workers, and the second instalment six months later). The candidate to fill up enclosed form and procure three letters of recommendation from a Medical man, a Clergyman, and an intimate friend, named therein as references, and return form duly filled up to the Lady Superintendent and wait for a vacancy. Candidate to provide her own indoor uniform according to pattern supplied—two cotton gowns, eight aprons, four caps. The term of Probation is one year, after which the candidate, if she passes her final examination, may, if considered suitable, become a Red-Cross Sister or seek employment elsewhere. Fee of $\pounds 50$ includes training in Hospital, residence, maintenance and washing.

RULES for Sisters and Probationers while at the Sisters' House.-Each Sister and Probationer to make their own bed, and keep their room or cubicle in perfect order. All boxes to be kept in the box-room. Sisters and Probationers always to use the general sitting-room provided for them. No visitors to the Sisters or Probationers to be admitted later than five p.m. without special permission from the Lady Superintendent. Sisters and Probationers who have not leave of absence must return to the house not later than 9.15 p.m. Sisters to wear the uniform always in the House. Sisters going out on leave for the day must ask permission from the Lady Superintendent if they wish to go out of uniform. Sisters and Probationers to observe strict punctuality at meals. Sisters and Probationers expected to attend public worship whilst at the House. Probationers do not wear an out-door uniform. Probationers must explicitly obey all the rules of the Hospital in which they are trained. Probationers' breakfast, seven a.m.; sisters' breakfast, 9.30 a.m.; dinner, 1.30 p.m.; tea, six p.m.; supper, nine p.m. Explicit obedience to the orders of the Lady Superintendent and Lady Housekeeper lights out at eleven p.m. S. G.

"NURSING RECORD" BENEVOLENT FUND.

SPECIAL NOTICE.

WE want to assist, by the united efforts of the readers of the *Nursing Record*, Trained Nurses who may be in need of temporary or permanent aid, and for this purpose donations, whether small or large, will be thankfully received, as the Fund has already many demands made upon it.

HELP WANTED HERE ALSO.

Mrs. Sarah Duyck, aged 48, is a widow, and has broken her leg so badly, that she will probably be a cripple for the rest of her life, besides dislocating one shoulder some years ago, so that she is even unable to use her crutches for long at a time.

Mrs. Duyck wishes to obtain an annuity of $\pounds 20$ To a year from the British Home for Incurables. do this at least 1,000 votes must be procured from subscribers to the Institution. Lists of subscribers can be obtained by sending eight stamps to the offices, 73, Cheapside, E.C. Will every reader of this journal please do what

she or he can to obtain votes for this sad caseto assist, in however small a measure, to bear another's burden? Such help will be gratefully welcomed by the Editor, Nursing Record, St. Dunstan's House, Fetter Lane, London, E.C., and all subscriptions, &c., will be duly acknowledged.

APOLOGIES .- It is not always necessary to make apologies to others for our misconduct. Some of it concerns only ourselves and must rest with our own consciences. But where a wrong has been done to another, or where the welfare of society for any reason demands it, let the apology be full and sincere. LIMITS.—All experience shows us how soon too

much of anything, however good, nullifies itself and produces evil. This is a point to be recognised in all education. It is generally supposed that the versatility and changefulness of childhood are qualities needing continual repression. Yet they contain within them a great safeguard against an unwise monotony. What we need to do is not to crush them out, but to direct them in the right channels. While we rightly give the young the discipline of concentration, we should also give them the discipline of change-that is to accustom them not to fly aimlessly from one thing to another, but to observe natural limitsto find out when it is wise to pause, to desist, to alter the current of thought or speech or action. In that effort as much self-control is gained and imperative. To retire to rest at ten p.m. All as much efficiency of life secured as in the most persistent continuance.



