

now demanded. So the annual holiday has been extended, almost universally, to a fortnight, and many Committees have enlarged the period to three or even to four weeks every year. There can be no doubt that in the future the full month's rest will be made the general rule, and, considering the amount of repair which has to be effected in it, it is by no means too prolonged.

With regard to the best method of spending a holiday, it is certain that Nurses should obtain that fresh air and out-door exercise, during their annual rest, from the want of which their health so greatly suffers, in many instances, while they are at work.

There are much greater opportunities now, for this, than there existed formerly, and, amongst others, the Home of Rest for Nurses at Brighton—the pioneer, we are glad to know, of many similar institutions which have since sprung up in different parts of the country—has fully maintained its usefulness, and has been constantly full of Nurses seeking renewed strength and health from the sea breezes.

A method, however, of employing the summer holiday, which has not yet obtained the favour to which, in our opinion, it is entitled, but which, we hope, in future, will be more generally utilized, is that of walking tours. These provide those very essentials, which a Nurse should try to obtain during her holidays, upon which we have just laid stress, at the least cost, and, provided only that the weather be fairly fine, under the most agreeable conditions. There are scores of beautifully diversified scenes in these islands which can only be explored by the pedestrian, and which yield, not only pleasure to the senses, but renewed mental and bodily vigour in their exploration.

We would even go so far as to think that in times to come Nurses will take a leaf from their brothers' book, and will indulge, with wisdom and great advantage, in cycling tours; for this method of locomotion combines all the advantages of walking and driving, in exercise and speed; and every part of the country is said to be well provided with good roads, and to be supplied with clean and respectable inns where the charges are most moderate.

A considerable number of Nurses who have this year spent their holidays travelling about, either upon tricycles or on foot, have come back immensely benefitted and loud in their praises of the economy and the pleasure of their outing. In large Hospitals, it is comparatively easy also for the Nurses to join together in groups to make such excursions, and we hope that before the summer holidays, next year, arrangements may be made by, at any rate, one body of Nurses, to organise similar tours for themselves. By a very small amount of organisation and foresight, it is possible to reduce the expenses of such a tour very considerably. We

have laid stress upon this matter, because it has always seemed to us that too many Nurses overlook the essential objects to be gained during their annual holiday, and have sought, by mere rest from all occupations and prolonged sleeping, to gain the restoration of their strength, and have too late discovered that nature's best relaxation is secured by change of occupation. Many a tired-out Nurse has found that bed was only a sedative, but out-door exercise the best possible tonic.

ITS WEIGHT IN GOLD.

This has generally been looked upon rather as a figure of speech although, in not a few instances, the value of an article has been approved, and paid for, by this measure. Book collectors have always been so ardent a race that the value of an old or first edition of an ancient book has always commanded higher prices than other antiques; but it will be difficult to beat the record of a transaction which, it is stated upon good authority, once took place in Rome. In the priceless library of the Vatican, there is the largest Bible in the world. It is written in Hebrew, is in manuscript, and weighs about 320 pounds. In the time of Pope Julius II., an Italian Jew learnt of the existence of this precious volume, and acquainted his co-religionists in Venice with it. In consequence, a syndicate of Venetian Jews made the definite offer to the Pope to buy the book for its weight in gold. The Pope refused the offer, and his successor of the present day is hardly likely to have it repeated, because the estimated amount of the sum offered was no less than £72,000—an amount which, if it had been paid, would certainly have represented an unique transaction, even for an altogether unique book.

A DEARTH OF MODELS.

The artists are complaining bitterly that they can obtain no female models for their pictures, and the reason for the disappearance of these ladies has been discovered to be the fact that a well-known theatre has produced an entertainment known as "The Living Pictures"; the performers, it is stated, being composed chiefly, if not entirely, of those who, from excellence of feature or figure, had formerly obtained their livelihood as artists' models, but who apparently prefer the much easier occupation now offered to them of brief appearances behind the footlights, to lengthy sittings or standings in more or less constrained attitudes, while their characteristics are being conveyed to canvas. It is another illustration of the *fin de siècle* tendency to do as little work as possible, and the desire for constant change of occupation which was, by the way, so remarkably illustrated, last year and this, by the almost total disappearance of housemaids from the regions of South Kensington when a certain popular entertainment was opened at Olympia, and when it is currently believed that many hundreds of these domestic servants were transformed, Cinderella-fashion, into a *corps de ballet*.

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