

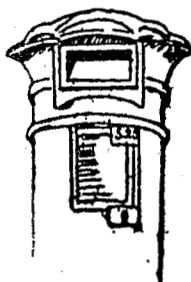
Coming Events.

August 2nd.—Concluding General Meeting of the British Medical Association, Exeter Hall, 3 p.m.

Conversazione at Royal College of Physicians, 9 p.m.

Conversazione at Royal College of Surgeons, 9 p.m.

August 8th.—The Duchess of Fife opens a Bazaar in Duff House Park in aid of Chalmers' Hospital, Edinburgh.



Letters to the Editor.

(Notes, Queries, &c.)

Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not IN ANY WAY hold ourselves responsible for the opinions expressed by our correspondents.

"SELF EDUCATION."

To the Editor of "The Nursing Record."

MADAM,—It may be interesting to those of my colleagues who do not speak French, or any other language, and are anxious to hear of a simple way of acquiring a foreign language, to know of Hugo's system; it is a simple system, and far supersedes any other.

Hugo's French Grammar is the easiest and most rapid self-instructor, and is published by the Institute for Teaching Foreign Languages, 1A, Paternoster Row, E.C., and branches.

Anyone caring to join a class, or perhaps take private lessons, may do so by making arrangements with the Secretary at the Institute, where there are native teachers. Terms are very reasonable: twelve private lessons, consisting of one hour each, would be £2 2s., and for twenty-four £3 18s.

It is just as well, if not better, to study by oneself, for a time at least, before going to have lessons; in that case you could easily obtain Hugo's French Grammar, with the key, cost 1s. 6d., from any stationer.

I am,
Yours faithfully,
REGISTERED NURSE.

269, Regent Street, W.

CO-OPERATIVE HOLIDAYS.

To the Editor of the "Nursing Record."

MADAM,—I do so heartily hope that the suggestion of the above will come within the range of practical possibilities. But if there are too great obstacles or difficulties, could not we or our Royal British Nurses' Association affiliate on advantageous terms with some Society which has already started the co-operative holiday system. As a proof of what may be done by co-operation and united effort in the direction of holidays, I may call attention to what one of the democratic clergy of Liverpool, Mr. Adams, has done for the people of his poor parish. He organises yearly excursions for his parishioners and others who care to join, and has this season conducted a party of artisans and other working people to Paris, the whole cost for each person being just over £4. Next year he intends taking a party to Norway, for which a special steamer is to be chartered, the estimated cost being something over £5.

I quite agree with your correspondents that opportunities

such as these should be part of the programme of so large an association as the Royal British Nurses' Association.

Yours sincerely,
ASSOCIATED EFFORT.

THE NATIONAL HEALTH SOCIETY.

To the Editor of "The Nursing Record."

MADAM,—In reference to the announcement in this week's press, it seems to me that the National Health Society's standard for lecturers is being lowered instead of raised. I wonder is it possible that the Committee really think that a young lady after "two years' profitable lecturing" would waste (?) three valuable years in training. One naturally asks why should she? If she knows enough to take the responsibility of teaching others, surely she needs nothing more, and why give up a lucrative occupation? That the National Health Society has done good work I admit, but now that a three years' training is a recognised fact, it is time that *trained Nurses only* should be sent out as Lecturers on Nursing.

I remain,
Yours truly,
M. BURR.

10, Worsley Road,
Hampstead, N.W.

GIRL SLAVES IN ALASKA.

To the Editor of "The Nursing Record."

MADAM,—I was very much interested in the article in the RECORD on the above subject. But it is not only in Alaska that such things are done. The selling of girls is carried on to a large extent in Constantinople to-day, although the open slave-markets have been closed for more than a quarter of a century. But a large traffic is still carried on throughout Turkey in girls from ten years and upwards. The sales are not in public, but large numbers of merchants make huge profits by dealing in girl flesh and blood.

Yours,
A RESIDENT IN THE EAST.

BICYCLING FOR WOMEN.

To the Editor of "The Nursing Record."

MADAM,—With reference to a recent article in the RECORD on "Bicycling for Women," in which I was much interested, I should like to quote the opinion recently given by Madame Gaches-Sarrante, a well-known medical woman in Paris, that "even granting that some evil arises from the abuse of the bicycle, this will be more than outweighed by the abolition of stays in the next generation."

So that out of evil good may come, and even if a few hundreds of women suffer temporarily from pelvic and other troubles as a consequence of bicycle exercise, this is as nothing compared with the wholesale improvement in health which will be brought about by the abolition of stays. So far we find that the advent of woman into the athletic and industrial field has resulted in a marked improvement in her dress so far as common sense and hygiene are concerned; the loose open shirt, which allows chest expansion and development, the sensible boots and gaiters substituted for thin damp-absorbing shoes, the shorter skirts, the more sensible underclothing. If all this has already resulted in so few years, what may we not hope for in a few generations? Madame Gaches-Sarrante is hopeful that "sport on the wheel" will lead to the introduction of a flexible elastic corset which will yield to every movement of body, and give support without compression, and the final stage will be a joyous happy womanhood, guiltless of compression of the "female form divine," which has long been tortured and squeezed and distorted out of natural loveliness. May bicycling hasten that day!

Sincerely yours,
A LARGE-WAISTED WOMAN.

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