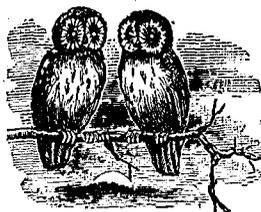


overlooked, and many young beginners have been dosed with tonics, or sent for change of air, in order to brace up a nervous system which was supposed to be at fault—and, of course, altogether without avail in securing the self-unconsciousness which alone was needed. The best advice which we could give to our correspondent is that, the next time her friend sings in public, she should try to forget that there is anybody listening to her; and if she cannot achieve that frame of mind, at any rate, she may be able to persuade herself that she cares nothing for the opinion of any one present, as to her vocal powers. If she can attain this mental carelessness, we think she will find herself free from her troublesome failing, in future.

#### CUPID AND CERTIFICATES.

VERILY, there is nothing new under the sun. Just three hundred years ago, a great thinker proposed that nobody should be allowed to marry who suffered either from strumous disease, or had any direct or hereditary tendency to insanity. By this means, it was urged that the prevalence of these diseases would be greatly reduced, to the immense benefit of humanity. For three hundred years, the suggestion has only been revived to afford food for ridicule. But now, an American politician is stated to have introduced a Bill into the Ohio Legislature, with the object of providing that no one shall be married unless they can produce a medical certificate that they do not suffer from dipsomania, insanity, or tuberculosis. The gentleman in Ohio must have a fervent faith in the powers of Parliament which is very refreshing at the end of this illusion-dispelling nineteenth century. Because it is easy enough to legislate, though we imagine that even in Ohio this Bill is not likely to pass. But if it did become law there are strong grounds for believing that, in the first place, medical men would decidedly disapprove of such an invidious duty being thrown upon them; and certainly as men of the world they would know that their decisions would be laughed out of court by Cupid; and whether they gave the requisite certificate or not the results, so far as marriages were concerned, would be precisely the same. At the same time, from a physiological standpoint, the advantages to the community of stamping out, if possible, diseases of a marked hereditary nature, would be quite incalculable.

#### Matrons in Council.



THE Fifth Annual Convention of the American Society of Superintendents of Training Schools for Nurses was held in the Lecture Room of the Normal School at Toronto, on the 9th and 10th of February. Miss Agnes

Snively, the Matron of the General Hospital, Toronto, and the year's President of the Society, presided, and all the officers and eighty Superintendents attended, these ladies coming from all the principal cities in the States to Canada for the important event.

What a lesson in *esprit de corps* and public duty to the Matrons of the United Kingdom!

#### THE PRESIDENT'S ADDRESS.

The meeting was opened by Miss Snively, President of the Association, who, after welcoming the delegates, read the following address:—

In welcoming the British Association to Toronto last summer, our worthy Mayor took occasion to refer to the original pronunciation of the name of our city as "Toranta," meaning in the aboriginal tongue "meeting place." In the light of this derivation, Toronto has remained true to its traditional character, notwithstanding the change in the pronunciation.

In considering the numerous conventions which have chosen our city as a centre, it is pleasing to reflect that none is more welcome than the association which presents itself within the walls of the Education Department this morning. We welcome you to our Dominion, to our city, to our institutions, and to our hospitality.

#### TO BE AN INSPIRATION.

Although Canada, unfortunately, may be less experienced in the special department in whose cause we have met, and whose interests we desire to subserve, still we earnestly trust that our meeting here may result in bringing to each of us fresh enthusiasm, courage and inspiration. Enthusiasm, for without this progress is impossible. "It is the genius of sincerity, and truth accomplishes no victories without it." It is the beacon fire kindled on some peak, whose light, shooting up into the darkness, is seen by some watcher from afar, who following the example kindles his own signal, when lo! another, and still another follows, until the whole horizon is encircled with light.

Courage, that we may bravely face the difficulties yet to be overcome, recognizing that these are meant to arouse not to discourage, "that even defeat is nothing but education, nothing but the first to something better," and "failures with heroic minds are the stepping stones to success."

And shall even the most faint-hearted, no matter what her environment, fail to gather inspiration, when we recall the words of Ruskin? "Every noble life leaves the fibre of it interwoven for ever in the work of the world."

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