diverse households, should cultivate simplicity of life. Many households do not use stimulants. There is no reason why they should be expected to provide them for a nurse. But the nurse who has become accustomed to drink beer with her meals will miss it if she is unable to obtain it, for the habit of indulging in luxuries of any kind is much more easily acquired than renounced. From every point of view, therefore, the elimination of stimulants from the diet tables of nurse-training schools is desirable.

Ennotations.

POOR LAW OFFICERS' CONFERENCE.

Among the matters under consideration at the annual meeting of the National Poor Law Officers' Association at Croydon were—(1)financial support to a candidate for Parlia-ment, (2) the question of a petition for a charter of incorporation, and (3) the establishment of a Board of Examiners empowered to give certificates of competency to candidates for positions under the Poor Law, proving that this Association realises both the value and the need of co-operation. The retiring President, Dr. J. Milward, of Cardiff, affirmed that their organisation was not based on the short-sighted principles of ordinary trade unionism, as some seemed to think; the members not only looked after their own interests, but were ever seeking to improve their ability to serve the public. This is the same principle which actuates trained nurses in their endeavour to effect organisation and legislation.

COMFORTS FOR THE JAPANESE TROOPS.

The Marchioness Oyama, wife of the victor of Mukden, writing to a lady in London who had requested her to forward some things made by English ladies to the Japanese troops, says :---

"If you will let me I should like to make one suggestion. In the circular which you enclosed in your letter there is no mention of socks. If there is one thing more useful than another, both in winter and in summer, though, of course, more especially in cold weather, it is socks. If you will make them with rough, strong Scotch wool without heels and in white, they will prove of inestimable value to the poor fellows suffering bitterest cold of Manchurian winter and burning heat of those terrible regions.

Relief work among the women has been very active. The Ladies' Volunteer Nursing Association has been hard at work. During the summer we used to work from 7 in the morning till half-past 5 in the afternoon, but lately the hours have been shortened, and we begin at 9. We have made 150,000 "first aids," and we expect to make 20,000 more. As soon as we have finished these we hope to begin to do actual nursing. Thanks to the efficiency of our Red Cross Society, we have plenty of professional nurses, and our work so far has been to care for those sick and wounded soldiers of the Sendai, Hirosaki, and Hokkaido divisions, who spend a night on their way north. We have established a place near the Shinbashi Station, and a party of us take turns and go there to see to these soldiers.

The Ladies' Patriotic Association is also very active, and it has increased its members to 250,000.

In autumn all the girls' schools in Tokio offered to make the underclothing of the soldiers during the hours of their sewing lessons. The offer was accepted by the War Department, and even the youngest little girl was made happy thinking she was doing something for the soldiers."

The thoroughness of the Japanese organisation is thus exemplified, not only by the splendid way in which the women are coming forward to render assistance to the troops, but in the fact that the services of even the youngest child in the schools are utilised. Thoroughness is the basis of success in every undertaking; in combination with capacity and simplicity of life, it has resulted in commanding for the Japanese people the admiration of the world.

THE AFTER MATH OF WAR.

It is reported from the seat of war in the Far East that in Harbin there are only sixty doctors and surgeons and 140 nurses to attend to the 50,000 wounded and 12,000 Russian sick who are there at present. Five thousand men have succumbed in the last week. Reuter states that the greater part of the carriages and trucks on which the wounded are piled up are brought into the railway sidings without their human freight being unloaded, and the goods station exhales a terrible stench, having become at once a hospital, a refuse-heap, and a charnelhouse. Two doctors have gone mad in the midst of these horrors. It is feared that an epidemic will break out after the thaw.



