

gets good wages, but all she can give mother don't amount to much, for she's often a month or six weeks out of a place. Me? Well, I take heavy places and I get twenty pounds a year. Mother's still able to sew, and she does all my needlework, even trims my hats, and I give her half my wages. It's the last penny I can manage, what with tram fares going to see her, and the burial club and all. I never know how long I may be able to go on with it. If I'd only myself to think of, I'd take less wages and have two or three hours a day to myself, instead of being on the go from morning till night. My brothers? We can't get nothing out o' Tom; he's married. Even if mother had the law of him it 'ud only be a shilling a week, or maybe sixpence. He lays it all on to his wife; but what's to hinder his taking it out of beer and tobacco? I know for a fact he keeps back eight shillings a week that his fam'ly don't get a ha'porth o' good out of. Queer thing if men's wives don't *never* tell 'em what's right! And George—mother don't even know his address. She caught sight of him the other day, as well dressed as you please. Brought him up from twelve months old, she did. Yes, she has her reward! A step-father might ha' knocked something into him, and if he'd knocked his head off it 'ud ha' been no loss from what *I* can see!

M. LOANE.

Miss Annie Damer has been elected to a second term of the Presidency of the Nurses' Associated Alumnae of the United States, the Association to which our own National Council of Nurses will approximate when the Leagues affiliating number 5,000 nurses, and a Constitution is adopted.

Miss Genevieve Cooke writes that San Francisco nurses are catching hold of the threads of organisation work in a most commendable spirit after the severe test they have had. The nurses of the United States have come forward most generously to the aid of their San Francisco sisters. Over 7,000 dollars have been received by the Californian State Nurses' Association to provide for the needs of nurses and pupils, and all calls for aid can now be met, showing not only the good feeling that exists between American nurses, but also the value of State Associations, through which the organisation and distribution of funds can be administered in the case of such a calamity as that which recently befell San Francisco.

How to Travel.

Only those who work enjoy holidays to the full, yet how difficult it is for a busy woman to get the desired information as to how and where to spend the all too short holiday in the best way to rest her weary body and refresh her drooping spirits inexpensively.

One very pleasant experience with a friend whose knee needed rest may, if stated, perhaps give others the necessary help.

First class ticket, London to Manheim and back via Rotterdam, £2 3s. 9d. Leaving Blackwall in the evening, we had the opportunity of seeing the shipping of the Thames till it was time to turn in to our four-berthed cabin, of which we were the sole occupants. Having plenty of room for our few belongings, we slept soundly, waking next morning at Rotterdam, changed boats, taking the slow one up the Rhine, on the deck of which weary limbs can rest and the tired mind be refreshed by just looking at the country as one glides smoothly along.

Dutch people and Dutch cows give one the idea of never hurrying.

Most travellers avoid this part of the river by taking train to Cologne, but for those requiring a few hours rest before sight-seeing as a business, what can be more refreshing?

Occasionally a coil of rope on deck may make a convenient change with the lounge chair.

The journey takes three days going up, two coming down. Reaching Germany there are at most of the stopping places inexpensive hotels to tempt one to stop. Time and purse permitting, the ticket is available for six months, any boat.

The Cathedral at Cologne can be visited while the boat is discharging and taking on cargo.

Then from Coblenz if so disposed, one can go by train to Trier, see its delightful Roman ruins, sleep one night and again glide gently down the Moselle to Coblenz in sixteen hours, getting such a variety of scenery by the way, from the deck of the steamer.

Altmahr, Biebrich, Bingen, Newwied, and many other places too numerous to mention, have all attractions, to say nothing of the old castles giving such suggestions of strength and endurance.

Someone may wish to take such a holiday, but fear language difficulties. For those unable to revive or resuscitate even a few German words, there are always to be found Germans who know some English, even if it has been acquired with a strong Irish accent as sthop sthill (stop still). Really much enjoyment may be got out of this struggle; signs and wonders go far.

The less luggage the less anxiety; just a rug or wrap for evening on deck and one change of clothing.

International visits in Denmark and Sweden for the purpose of studying the customs of other countries might attract for a fortnight at rather increased expense.

Though many may say, "Oh," for "only a country cottage or farm is my dream of rest," there may be both rest and refreshment by going amongst people of a different nationality and it does broaden one's

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