

Royal United Hospital, Bath; Miss Morris, of the General Hospital, Bristol; Miss Bulteel, of the Taunton and Somerset Hospital, and Miss Harris of the Yeovil Hospital.

Miss E. L. C. Eden, of The Grange, Kingston, Taunton, is the inspirer of the movement which has for its objects, the desire to promote friendly intercourse amongst nurses and those interested in nursing in country districts, to bring such nurses in touch with the new developments of their profession, and to uphold a high ideal of work and thought.

Our portrait on this page is of Miss Mary Appleyard, Matron of the Salop Infirmary, Shrewsbury, and a recently elected member of the Matrons' Council. She was trained and certificated at St. Bartholomew's Hospital, E.C., and subsequently obtained the experience in house-keeping, so essential in those desiring Matrons' posts, by acting as Assistant Housekeeper in the Nurses' Home of that institution. In February, 1902, she was appointed Night Superintendent at the Hospital for Sick Children, Edinburgh, and in December, 1903, was promoted to the position of Assistant Matron, a post she held until her appointment to the Matronship of the Salop Infirmary, Shrewsbury, in June, 1906.

At the annual meeting of the Brunswick Nurse and Deaconess Society held in the Brunswick Chapel, Newcastle, the Rev. Howard May of Inverness told the audience how he had found it best to help the poor people with whom he had been brought into contact.

To accomplish the desirable there were, he said, four "don'ts" and four "does." The "don'ts" were—Don't patronise; don't pauperise; don't paralyse; don't moralise. The first, because the poor were so sensitive; the second, because more than half of the charity in this country did pauperise; the third, because giving was so often only a crutch; it did not help the poor to help themselves; and the fourth, which did not mean they had not to speak of Jesus Christ, but not to be full of

religiosity. They could talk of Jesus Christ without cant. The first "do" was "seek the poor." The deserving poor had always to be sought; and they were always the most difficult to find. The second was "do love them." They must show love if they would help, and the love must be self-sacrificing love. Even the poor loved one another. Then "do hearten." In many poor homes, the inhabitants had lost hope, and to encourage and help them to look to better things was a mission of life. The last was "do actually and really help." These were the watchwords of the nurses and deaconesses of the Brunswick Society, and he appealed for greater support in the work.



MISS MARY L. APPELYARD.
Matron of the Salop Infirmary, Shrewsbury.

The Lady Superintendent of the Royal Alexandra Hospital at Rhyl feels the time has arrived when it has become absolutely necessary that the townspeople should know how and by whom the sick poor are nursed. We think so too. Neighbouring towns raise from £60 to £78 to pay for a district nurse, but in Rhyl only £6 3s. 6d. was subscribed for that purpose.

[previous page](#)

[next page](#)