

Another agreeable and notable feature in the Home is that dinner is served on small tables in the dining-hall. Congenial parties of four or five are, therefore, left free for conversation and mirth amongst themselves (in moderation, of course), which tends to aid towards a good digestion, which latter suffers considerably when nurses have to bolt their food in a solemn, constrained silence, broken only by an occasional remark made in fear and trembling, and which generally falls to the ground, or is, perhaps, commented on in a chilly manner by the Matron or Sister who presides. Miss Kelly has established a League of Nurses, past and present, of the Hospital (the only one of its kind, I believe, in Dublin), and under its auspices edits and issues a quarterly journal, called *The Irish Trained Nurse*.

We much enjoyed our pleasant time at the hospital, and some remained until quite late. Amongst those present were:—Miss MacDonnell, R.R.C., Matron of the Richmond, Whitworth, and Hardwicke Hospitals; Mrs. Manning, Matron of the Dental Hospital; our Secretary, Miss Cherry; Miss MacCarthy, Lady Superintendent of Mountjoy Prison; Miss Kelly, Lady Superintendent of St. Kevin's Home; Sister Barbour, Rotunda Hospital, and many others. V. R.

### National Food Reform Association

The National Food Reform Association, 40, Chandos Street, Charing Cross, W.C., is founded with the following laudable objects:—(1) To enlighten public opinion on matters of diet. (2) To point out the dangers of our present system of food supply and its bearings on such problems as the adulteration of food and milk, infant mortality, consumption, and physical deterioration. (3) To make known the intimate connection of diet with: (a) Moral and physical well-being. (b) Social reform. (c) Economy—national and domestic. (4) To urge the necessity of reconsidering the dietary of schools and colleges, the army and navy, hospitals, workhouses, asylums, prisons, and other institutions, etc. (5) To recommend more humane, hygienic, and scientific methods both in the selection and preparation of food.

### A Useful Opportunity.

All nurses know their way to Messrs. Garrould's establishment, 150, Edgware Road, W. Just now a great sale of silks at bargain prices is proceeding there, and with the holidays ahead, nurses will no doubt gladly avail themselves of this useful opportunity.

### Reflections.

FROM A BOARD-ROOM MIRROR.



Her Royal Highness the Princess Louise Duchess of Argyll has consented to be President of the Ladies' Guild of Charing Cross Hospital. The chief object of the Guild is to make garments for the use of patients while in the hospital, and to assist the hospital by obtaining gifts.

The new Heritage Craft School for Girls, which has been presented by Lord Llangattock to the Guild of Brave Poor Things, was opened last week at Chailey by Princess Louise, Duchess of Argyll.

The bazaar recently opened by Princess Henry of Battenberg at Shoreditch, in aid of the Queen's Hospital for Children, Hackney Road, resulted in the raising of £1,300.

Queen Charlotte's Hospital has received a donation of £500 from Viscount Portman for the Nurses' Home Building Fund. This will be very welcome as the hospital has had of recent years to undertake a considerable amount of heavy expenditure in providing necessary extensions.

The twenty-fourth Congress of the Royal Sanitary Institution was inaugurated at Cardiff on Monday, the Earl of Plymouth delivered the inaugural address, and an interesting exhibition of Sanitary Apparatus and Appliances was opened by the Lord Mayor. The Earl of Plymouth laid special stress on the value of sanitation as a preventive measure. On it depended the power, the very existence of a nation. It also went a long way in abolishing crime and immorality. The first aim of those who loved humanity and wished to see their country foremost among the nations of the world was to create a strong race. This could only be done by giving children healthy surroundings, good food, and proper clothing. Provision should be made in newly-built houses for open spaces, either covered balconies or loggias on the floor in order that children might play in the open air without having to descend into the dirty street. The women of the family could sit and work there, and in the summer such a space might be even used as a dining-room.

A Cottage Hospital for Sutton Coldfield, near Birmingham, was opened by Colonel J. H. Wilkinson recently in connection with the District Nursing Home. The hospital will be managed by the Committee of the Home, and be under the supervision of its Lady Superintendent, Mrs. Cad-dick. It will have four beds, and a single ward for the use of paying patients, and an operating room equipped on most up-to-date principles. It is the gift of Colonel Wilkinson, who has built and equipped it at a cost of £2,500.

[previous page](#)

[next page](#)