

distinguished merit ; it seems that it is not only in art, that the "Japs" intend to set us a good example.

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LOVERS of cats—and, failing permission to keep canine pets in most hospitals, what pets nurses make of the ward cat—will be interested to hear that the Baroness Burdett-Coutts spoke at the recent annual meeting of the Society for the Prevention of Cruelty to Animals *with a cat in her arms*, and mentioned that the Queen had written to say how glad she would be, if something could be done for the protection and safety of cats. Stray cats are received at the Dogs' Home at Battersea, and are quaintly told daily in the columns of the *Times* "To apply to the Secretary."

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THE *British Medical Journal* of the 21st inst. has an interesting annotation on Colleges for Women. It says: "The higher education of women is looked upon with a hesitating approval by many medical men, because it is seen that often during a prolonged period of severe study they fail in health, and the resulting troubles are not unfairly attributed in many cases to the college curriculum. This is the case in America, as well as in this country, and, though we all desire to see women enabled to become strong and self-helpful by means of a wise education, much care is required to see that no overstrain or exhaustion results. Dr. Reed, of Cincinnati, speaks of seeing many cases of physical failure, with loss of appetite, headache, vague pains, emaciation, and anæmia, with dysmenorrhœa, occurring in young women during their educational duties ; this he considers due to 'an ultra-mental mood which is inimical to the physical welfare of the pupil.' He believes, however, that in the present generation the health of the children is better, and that the teachers have a finer stamina. The remedy, he suggests, is more attention to physical culture and recognition of the principle that education, to effect its true ends, must develop co-ordinately the mental and physical qualities of the organism. Education is important, because it is to wisely-regulated training that we must look for improvement of the brain power of women and the removal of many neuroses. Earl Granville, when speaking at the College for Women, Gordon Square, referred to the great change that had come over public opinion as to the necessity of giving the advantages of education to women, not only for their own benefit, but also for that of the community, as a means of elevating society, and raising women to a position of greater independence and self-reliance. Conditions are more likely to be favourable to health in college life, than in London lodgings, and the provision of such means of social life

will be welcome to many students. Aberdeen Hall, Cardiff, is another college open to women who are desirous of a university training, and has met with much success, showing that there is a general demand for education. While advocating these attempts to give higher education to women, we must point out the necessity of attending to the laws of hygiene, especially during periods of rapid growth of brain and body. Let students work for their own improvement, and let those in charge of them see to healthful surroundings, and watch the actual conditions of the brain and body as the student's life proceeds. The student should attend to her duties in study and recreation, while the superintendent trains herself to observe any signs of the commencement of such common conditions as lowered nutrition, exhaustion, or defects in physique."

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WRITING in reply to Mrs. Pfeiffer's inquiry as to the effect of collegiate life on the health of young women, Miss Wordsworth, the Principal of Lady Margaret Hall, Oxford, says: "It is worse than useless to send a young girl of poor health, or neglected education, or mental sluggishness to an Oxford or Cambridge Hall, with the idea of making up for these deficiencies by her grinding at the subjects prescribed. The only effect is to make her physically ill, and morally wretched, or else idle and indifferent, and experience has shown me that both these results are possible. Again, we have known instances of really clever girls, who not being possessed of the moderation and good sense already spoken of, read an inordinate number of hours a day, sit up late, take little exercise, lose their appetites and nervous force, and fail where they might have succeeded, simply for want of self-control, and resolute determination to observe 'the rule of not too much.' But when all these exceptions are made, I do not hesitate to say, to sensible and clever girls, the life is a very beneficial one, as any life must be, which enforces regular hours, simple meals, early rising, &c., and which affords cheerful companionship, games out of doors, and wholesome occupation for the mind."

CORRESPONDENCE.

** We do not hold ourselves responsible for opinions expressed by Correspondents. Brevity and conciseness will have first consideration. See notices.

To the Editor of "The Nursing Record."

Sir,—If it is not too long after date, in these days of rapid thought, I should like to ask a small space in your journal, to correct an error in the life of Florence Nightingale, which appeared in your pages a few

[previous page](#)

[next page](#)