

As the case progressed the patient was taken out in the open air in a wheel-chair. As she gained in strength and was able better to assimilate her food, she began to take short walks in the open air. After the first two weeks she rapidly gained in weight, and at the end of two months' treatment was discharged, a sound and renovated woman, her 'peristaltic woes' healed and her digestive trouble practically cured. She was advised to carefully restrict her diet for some months, and was sent to the sea for a few weeks to complete the cure.

The case was a most satisfactory evidence of the curative effect of taking the patient's attention from her stomach symptoms, which previously to her entrance to the Sanitarium had completely engrossed her, and it was a striking proof of the benefit to be obtained in such cases from a strictly hygienic regimen combined with suitable exercise."

Nursing Echoes.

* * All communications must be duly authenticated with name and address, not for publication, but as evidence of good faith, and should be addressed to the Editor, 20, Upper Wimpole Street, W.



Royal Infirmary.
next week.

WE have the pleasure to announce that the Prize of One Guinea for the best Notes on Nursing—a Case of Acute Muscular Rheumatism with Pleurisy—has this month been awarded to Miss L. Louisa Symonds, M.R.B.N.A., member of the Registered Nurses' Society. Miss Symonds holds the certificate of the Edinburgh

We are not at all satisfied with the numbers who enter for this competition, and hope that in the future many more Nurses may favour us with their competitions—they will also find that in taking careful notes they will greatly increase their knowledge.

THE Editorial Staff of the NURSING RECORD will be At Home at 20, Upper Wimpole Street, from 4 to 7, on June 12th, when several well-known ladies engaged in literature will speak on the value of books, and how and what to read. It is proposed to establish a Nurses' Lending and Reference Library in connection with the NURSING RECORD Office, and we hope that the subject will be widely discussed by

those of our readers who are able to be present on the 12th, and who are interested in the subject. During the past year so many Nurses have expressed a wish that such a scheme should be carried into effect, that we hope that it may prove to be a means of use and recreation, especially to private Nurses.

It is common knowledge among Nurses that many cases of chronic and sometimes serious illnesses are the outcome of unhealthy and morbid habits of living. An American scientific journal has some excellent remarks on what it calls "house nerves"—that is, the melancholy, irritable and brooding condition into which some stay-at-home people drift. Women often boast "that they don't stir outside their houses for weeks at a time," and often they do not appreciate that their fretfulness and causeless anxieties are a natural result of such unhealthy living.

A "fit of the blues" is so often an indication of a condition of liver congestion induced by sedentary habits. Self-introspection and morbid suspiciousness are the possible outcome of an "indoor life." As the journal quoted puts it, "A woman who studies herself, her wants and desires, her ailments and loneliness, is on a fair road to an asylum did she but know it. The sedentary woman grows anxious for her husband, conjures up accidents, analyses her feelings and loses her power of will." The cure for "house-nerves" lies in sunshine, exercise and pleasant out-door amusement.

THE *Western Mail* says:—

"The bi-annual examination of the Medico-Psychological Association of Great Britain and Ireland for the certificate in Nursing, especially as it relates to mental disorders, has just been held at the Joint Counties Asylum, Carmarthen. Nineteen candidates presented themselves, of whom thirteen—six males and seven females—were successful, thanks to Dr. Goodall, the medical superintendent of the above institution. The list of names is as follows:—Mr. G. I. Hodges, Mr. Wm. Powell, Mr. Geo. Davies, Mr. Wm. Lewis, Mr. Geo. Jeremy, Mr. D. Evans, and Miss Thomas (Matron), Miss Margaret Jones, Miss Martha Barnett, Miss E. J. Davies, Miss Lucy Jefferson, Miss A. M. Davies, and Mrs. C. J. Lewis. The examination of the above association, which is the representative scientific association of medical men engaged in the study of mental disorders, has now been in vogue some four years, and has vastly improved the quality of those employed in Nursing the insane. For the examination just held the association appointed as examiner Dr. Pringle, medical superintendent, Glamorgan County Asylum, with

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