

It is well that the charitable should receive the reward of the just, and that due meed of praise should be meted out by admiring neighbours to those whose impulses are stirred towards benefiting their poorer neighbours. But it surely savours too much of "crying out on the rooftops" to chronicle, as we have recently noticed is being done in provincial newspapers, such items as the following:—

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"Gifts during the month to the District Nursing Association. Mrs. —, milk pudding; Miss J.—, bovril and flowers; Miss Smith, of Holly Lodge, shape of jelly; Mrs. Brown, of the Manor House, a pair of stockings and some newspapers; Mrs. W.—, of the Park, soup and a milk pudding," &c.

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These items are copied verbatim, and at the close of the list the charitable are assured "that all gifts are acknowledged monthly in the local newspapers."

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Now it is exceedingly kind of Miss Smith to send a shape of jelly for the sick of the district, and there is no question that the bovril and flowers of Miss J. would be very much appreciated by the invalids for whom they were intended; but it seems rather a paltry thing to have these little puddings and bits of calves' foot jelly chronicled in so important a way in the county papers.

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In an article entitled "Hints for Nurses" and signed "Physician and Surgeon," which appeared in a "ladies' paper" the following advice is given: "Always comb and brush a patient's hair; this act in itself gives much comfort and ease, and the patient's attention is agreeably occupied by the process." What a wonderful discovery in Nursing science that a patient's hair needs brushing and combing.

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Further on it is said "Remember that a patient lying for a long while in one position gets stiff, and is apt to be seized with cramp; moreover, the circulation is likely to be impeded, and nothing is more exhausting than such occurrences as these." No doubt it is bad for a patient to be "seized with cramp," moreover the circulation being impeded is not hygienic. But it is rather curious to find a medical man informing the laity that "nothing is more exhausting than such occurrences as these."

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THE Finland girls of the upper classes who develop nervous or hysterical symptoms are often sent by the Finnish physicians to spinning

mills, where the regular and soothing work often effects a complete cure. Nerves and hysteria are so often the outcome of an idle life and want of definite aims and objects, that it would be an excellent plan were we in England to imitate the Finns and send off hysterical young women to daily labour and honest endeavour.

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MISS MARION E. SMITH, Superintendent of the Philadelphia Hospital, said many wise and kindly things in her address to the new graduates of the Training School under her charge—none being more sensible than her allusion to the value of health:—

"That a Nurse needs perfect physical health, all will agree. What does Amiel say? 'Happiness, grief, gaiety, sadness, are by nature contagious. Bring your health and your strength to the weak and sickly, and so you will be of use to them; give them not your weakness, but your energy, so you will revive and lift them up.' Is not this last phrase literally true of the *masseuse*? The sick are very susceptible to their surroundings, and the mental atmosphere affects them as well as the natural, and a Nurse will quickly impart her mood should she give way to it, and how can she be cheerful, smiling, ready, and thoughtful, and never impatient or tiring, if she is not well? While a woman will give some of the best years of her life studying how to care for others, learning the laws of health and science, she frequently forgets to apply them to herself. The lessons drilled into her eager ears while a pupil as to the hygiene of fresh air, warm and sensible clothing, regular and nutritious diet, a sufficient number of hours for rest and sleep, are all carried out for her patient, while *she* disregards them entirely, and not always through her own fault. An absorbing and severe case of illness makes it an impossibility in private nursing for her to stop and think of herself, and so after the strain of a few years, it is an all too common tale to hear that the young and active woman is no longer in the field, but is forced to retire invalided."

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AND this brings us to the subject of Nurses' holidays. Within the last week we have heard from several Nurses, who, owing to the value of co-operation, and thus obtaining the full remuneration for their labour, have been able this year to take two months' rest, and have flitted away for entire change of scene to Switzerland, the Orkney Islands, Scotland, Ireland, Norway or America.

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The benefit gained by mind and body by such an entire change of environment cannot be too highly estimated from a Nursing point of view, and we have no doubt that these lengthened holidays will become more and more customary, as we Nurses learn from personal experience that it is impossible to perform our duties in the best manner without them, and when we really appreciate the fact that health is wealth.

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