

The dinner one really enjoys—I am taking dinner as the 'type-meal'—is the simple fare, one course or two, which leaves you free for the rest of the evening to talk, sing, play, read, and otherwise exercise your mind like a rational being. The dinner one usually gets makes you feel like a human boa-constrictor, whose only option after eating is to go to sleep. Why we should ever substitute a wasteful banquet for the modest and satisfying repast which does not gorge one to repletion I know not, save, perhaps, that as in this luxurious age we exceed the mean in the matter of dress, house-decoration, and the like, we also go to extremes in the matter of food. But it is all a waste, and a grievous waste to boot. We do not require one-half the amount which the average dinner represents; and when one surveys the loaded table, it may well presage the groaning physical tabernacle which suffers from over-repletion, and the other and more serious ills that follow in its train."

#### WHAT TO READ

"An Editor's Retrospect," by Charles A. Cooper. (London: Macmillan.)

"Every Girl's Book of Sport, Occupation, and Pastime" (G. Routledge and Sons.)

"The Baba-log," a Story of Child Life in British India, by the Rev. J. Middleton Macdonald. With numerous Illustrations, including the original of "Mowgli," a boy carried off by the wolves in babyhood, and a member of the wolfpack for seven years. (Ballantyne Press.)

"The Money-Spinner, and other Character Notes," by H. Seton Merriman, Author of "The Sowers," and S. G. Tallentyre.

"The Princess Desirée: a Romance," by Clementina Black.

"The Red Scaur: a Story of Rustic Life in Northumberland," by P. Anderson Graham.

#### Coming Events.

*January 4th to 9th.*—Exhibition of paintings, drawings, and photographs at the Queen's Hall, Langham Place, in connection with Mellins' Art Competition.

*January 7th.*—Meeting of members of the Royal British Nurses' Association to protest against the admittance of Asylum Attendants, who have received no training in the wards of a General Hospital, to membership and enrolment on the Register of Trained Nurses of the Royal British Nurses' Association. St. Martin's Town Hall, 4 p.m. The following Resolution will be submitted: "That this meeting condemns the suggestion accepted by the General Council of the Royal British Nurses' Association, to admit to membership and to place upon the Register of Trained Nurses, Asylum Attendants who have not been trained in General Hospitals, and who do not conform to the regulations for membership and registration; and this meeting considers that such a course would be both injurious to the Nursing profession and dangerous and misleading to the public." Letters will be read from a large number of members who are unable to be present.

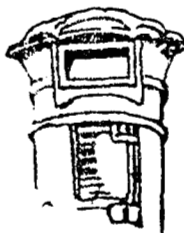
*January 7th and 8th.*—St. Bartholomew's Hospital Christmas Entertainment for the Resident Staff, 7 p.m.

*January 8th.*—Quarterly Meeting of the General Council of the Royal British Nurses' Association, 17, Old Cavendish Street, W., 5 p.m.

*January 12th.*—Invalid Cookery Class, Royal British Nurses' Association, 17, Old Cavendish Street. Seventh lesson.—Restorative soup, boiled sole, melted butter, sponge cake, lemon jelly, linseed tea, arrowroot.

*January 21st.*—Conference Matron's Council, "The Organisation of Nurses' Training School Alumnae Associations," by Mrs. Isabel Hunter Robb, late Superintendent Johns Hopkins Training School for Nurses, Baltimore, U.S.A., at the Medical Societies Rooms, 11, Chandos Street, Cavendish Square, 8.30 p.m.

*January 22nd.*—Second Sessional Lecture, Royal British Nurses' Association, 17, Old Cavendish Street, "On the Nursing of cases presenting symptoms of Mental Disease," by Professor E. W. White, M.B. Lond., 8 p.m.



#### Letters to the Editor.

Notes, Queries, &c.

*Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not in ANY WAY hold ourselves responsible for the opinions expressed by our correspondents.*

#### THE REGISTRATION OF ASYLUM ATTENDANTS AS NURSES.

To the Editor of "The Nursing Record."

DEAR MADAM,—Living in Manchester makes it impossible for me to attend as often as I should like the meetings of the General Council. Hence my entire ignorance of the proposal to admit Nurses untrained (in the general meaning of the term) to be members of the Royal British Nurses' Association. Need I say that, had I been present when such a scheme was proposed, I should most definitely have opposed it, and utterly refused to give my sanction to such a step being taken. I thank you for bringing the matter to my notice.

I am accounted a Life-Member of the Royal British Nurses' Association, but my interest in being a member at all would die at once if I had to understand that the Association is composed of *any* but those Nurses who have received the education usually called "training," which alone fits them to be a credit to their calling.

Until *now* everyone who wished to become a M.R.B.N.A. has had to produce her certificates of three years' training in a Hospital of over 40 beds (one year, at least, must have been in a General Hospital). That standard was determined on after much consideration by the founders of the Association, who, from long personal experience, were well able to judge what was necessary to inspire the public with confidence.

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