

Never sit down to the table with an anxious or disturbed mind, he advises. Make it a point to lay aside all worry for the time being and indulge in all the gaiety and pleasantries possible during meal time. There was good philosophy in the old-time custom of having a buffoon or music at the dinner table. Never sit down to a meal immediately after any intense mental effort, for physical and mental misery are inevitable, and no one has a right to deliberately injure body or mind. Never go to the table during bodily exhaustion—designated by some as being used up, overdone, worn out, tired to death, and the like. The wisest thing to be done under such circumstances is to take a biscuit and a cup of warm tea, and no more. In ten minutes you will feel a degree of refreshment that will be pleasantly surprising to you—not of the transient kind that a glass of liquor affords, but permanent. The tea gives pleasant stimulation and a little strength, and before it subsides nutriment begins to draw from the sugar and cream and biscuit, thus allowing the body gradually and by safe degrees to regain its usual vigour. A little later a full meal may be taken with benefit instead of injury.

WE regret to announce that Sister Agnes McCaw, who for the last six months has filled the post of Sister of the Children's wards at the Royal Albert Edward Infirmary, Wigan, died there of peritonitis after a week's illness. Sister McCaw was trained at the Adelaide Hospital, Dublin, and entered upon her post at Wigan with excellent recommendations, which her subsequent work fully justified. She was an admirable Sister for a children's ward, a sweet, bright presence amongst the little ones, to whom she was most devoted. She was most popular in the Infirmary, and her sudden death is felt with severe sorrow by all who knew her in the Institution.

A NURSE, named Annie Lee, died recently at the St. Olave's Union Infirmary, Rotherhithe, from nitric acid poisoning. She left a letter which stated that her head had been bad lately, and she could not sleep. She also said that her sister's death had affected her. This sister committed suicide at St. Olave's Union Workhouse, where she was nurse and midwife, about three months ago, by taking a dose of carbolic acid. It is noticeable that this nurse complains of sleeplessness. It is a well-known fact that continued sleeplessness causes intense depression, and nurses who are really unable to sleep should be instructed to report the fact, as the danger of their remaining on night duty under these conditions is very considerable.

Reflections

FROM A BOARD ROOM MIRROR.



ON the initiative of the Athenian ladies, and under the patronage of the Queen, the steamer *Thessaly* has been converted into a hospital ship with 300 beds, and is proceeding to Volo for the use of the wounded.

The Turks bombarded the military hospital of Arta, on Tuesday, though the flag of the Red Cross was flying above it.

The Treasurer of Guy's Hospital has received £1,000 from Baroness de Hirsch towards the cost of building a Nursing Home, in connection with the Hospital, in memory of the late Baron de Hirsch.

The Treasurer of Guy's Hospital has received a sum of £1,000 from Miss L. A. Williams, to endow a bed in perpetuity in memory of the late Henry Pratt, M.D., formerly a student at Guy's Hospital.

It was decided at a public meeting recently held at Chiswick to commemorate the Diamond Jubilee by erecting a cottage hospital and nursing institution.

Lord Herschell will preside at a festival dinner to be held on May 11th, at the Hotel Cecil, in aid of the East London Hospital for Children, and Dispensary for Women, Shadwell.

The St. Olave's Guardians have determined to build a new Nurses' Home in connection with their Infirmary at Lower Road, Rotherhithe. There will be accommodation for 70 nurses. The plans also include a vaccination station, steward's quarters, and additional store rooms. It is proposed to demolish the old workhouse, which is described as "positively pestilential."

Sir John Lubbock, M.P., presided at the annual meeting of the Governors of the Royal London Ophthalmic Hospital, held in the board-room of the Hospital, Moorfields. The report, submitted by the secretary, stated that the total number of patients treated last year was 28,080—2,006 as in-patients, and 26,074 as out-patients—the attendances of the latter numbering 130,374. The income for the year amounted to £4,809, while the total expenditure came to £7,770. The new hospital buildings in the City Road were being pushed on with all possible speed, and the Prince of Wales had consented to lay the foundation-stone shortly after Easter, on behalf of the Queen, who is patron of the charity. The chairman proposed the adoption of the report, which was seconded by Mr. Sturgis, and carried. Replying to a vote of thanks accorded him for presiding, Sir John Lubbock said he considered it a great honour to be connected with a hospital which had done so much for the advancement of ophthalmic surgery generally. We publish, by the kind permission of the editor of the *Ladies' Pictorial*, an engraving of the proposed new building.

Lady Wallace has bequeathed, free of legacy duty, to the Artists' General Benevolent Fund, London,

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