

we also had a long walk over Dunmail Raise—about a couple of miles ascent. We left Grasmere and Rydal for next day, as we had our quarters to find at Ambleside, and the days were getting short. On Friday we sailed and cycled down and up Windermere in the morning, and went back and thoroughly visited Rydal and Grasmere in the afternoon.

On Saturday we started for the heroic part of our enterprise, to journey—I cannot say ride—to Ullswater, over Kirkstone Pass, 1480 feet above the sea, and 1000 feet above Ullswater—a steady climb of three miles, and descent of two and a half. At the summit there was a small public-house, claiming to be the highest inhabited house in England; however, that distinction did not make it inviting enough for us to enter. Kirkstone is the same pass over which the Scotch used to “make raids,” and as we pushed our “Swifts” up one side, and dragged them back on the other, we talked with “feelin’ arts” of my dear countrymen, and wondered how they could have managed with their “impedimenta.”

At last we got down and had a pleasant ride into Patterdale, then lunch, and a heavenly run along the side of Ullswater, as far as “Aira Force.” Thence we set our faces to a very steep and rough climb of a mile or two, till we got to a moor, and a capital road along which we rode gaily homewards.

No words of mine can describe the scenery, or the glorious autumn colouring of trees and bracken—every tint of purple, crimson, green, and gold flashing up to the clear deep blue of the sky, or reflected in the sparkling water of the lakes—the music of the rills and streams, and the “great black hills like sleeping kings.”

Now this is what I call real cycling. We did not time ourselves, nor care how long we took to cover a distance, we simply enjoyed the pleasure which came in our way.

By way of economy, we always went to farmhouse refreshment places instead of hotels, or, rather, inns, and to C. T. C. houses. I found that raw beaten eggs were the easiest and most strengthening food for myself as I was generally too tired to eat or digest a regular meal, and we found grapes a fine “pick-me-up.”

There is a capital little book called “Cycling in the Lake District,” by A. W. Rumney, M.A., reprinted from the *C. T. C. Gazette*, price fourpence, a tour through the whole lake country, from south to north, which we found better than a cumbersome guide book.

Now, a last word, as to lodgings. We found ourselves most comfortably lodged, and liberally boarded, at our farmhouse. There was a hot and cold bathroom, we had a nicely-furnished sitting-room, a bedroom each, and no extras, for a pound a head, except a trifle for coals. I don't believe in nurses, with tired minds and bodies, “roughing it,” and doing things too cheaply on a holiday; they want creature comforts, to rest and restore them for the work to come.

I shall be only too glad to give the address of our kind landlady to anyone who will write to me through the RECORD Office. I don't give my own, as I am only too well aware that I am one of those destined to adorn an inviolable privacy.

Thanking you, dear Madam, for all your services to nurses in the past, present, and future.

I remain, yours faithfully,  
SISTER JANET.

### THE NURSING CONFERENCE.

To the Editor of “*The Nursing Record*.”

DEAR MADAM,—I notice with much pleasure that there is to be a conference on nursing matters this summer. I wonder whether there will be any exhibition of nursing appliances in connection with it? I remember with so much pleasure the Nursing Exhibition at St. Martin's Town Hall in 1896, that my spirits rise at the bare possibility of a repetition of it in the near future. I do not know if I am quite out of order in making the suggestion, but it seems to me that such an exhibition would be most appropriate, as well as welcome, in connection with the coming conference. The special benefit of showing any inventions by nurses, or of value to nurses, at such a time, would be, to my mind, that so many heads of training schools would see them, and would thus have an opportunity of adopting them in their own institutions. If there is any thought of such an exhibition, I shall be very pleased to give any help in my power towards making it a success, and I feel sure many other nurses would do the same.

I am, dear Madam,  
Yours faithfully,

READER.

[The organization required for such an Exhibition as that held in 1896 is immense, and requires many months of hard work, such as would be impossible to give at the present time, but there is no doubt that arrangements could be made to show any inventions by nurses, and the suggestion shall be brought before the Matrons' Council. All inquiries with respect to this should be sent to the Hon. Secretary of the Matrons' Council, Miss Breay, 46, York Street, Portman Square, W.—ED.]

### THEATRE WORK.

To the Editor of “*The Nursing Record*.”

DEAR MADAM,—Will you be good enough to inform me, in the NURSING RECORD, whether all nurses are entitled to some theatre work during their course of training? The rule in this hospital is that the theatre nurse changes every two or three months, the matron being responsible for the theatre, and attending all operations. In this way, a good many nurses get theatre experience, and, as the work in this hospital is very good, the position is one which is eagerly looked forward to. But, of course, by this arrangement we cannot all have the work, and those of us who do not—myself, so far, amongst the number—feel that we miss a very valuable experience, and one which we shall require in private nursing ultimately. I should like very much to know what is the custom in other hospitals, and whether it is usual that all nurses should have some theatre work during their three years' training. Hoping that you will excuse my troubling you,

I am, dear Madam,  
Yours truly,  
STAFF NURSE.

[It is usual for all nurses to attend operations in the theatre during their training, but it is obviously impossible that all should hold the position of theatre nurse. Under the arrangement described by our correspondent, it appears to us that unusual opportunities are afforded to the nursing staff.—ED.]

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