

Nursing Echoes.

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Princess Henry of Battenberg, patroness of the Colonial Nursing Association, has signified her intention of again being present this year at the annual meeting, which is to be held at Chelsea Hospital on Thursday, June 11th, at 3.30 p.m. Earl Grey is to preside and the Earl of Selborne and Sir Harry Johnston will be among the speakers.

The s.s. *Sicilia*, which left Cape Town for England on May 23rd, had on board Nursing Sisters J. F. Farrer and L. M. Monk.

It appears that there are yet alive quite a number of nurses who went out with Miss Florence Nightingale to the Crimea in 1854, amongst them Sister Margaret Jones, of St. Mary's Orphanage, Walthamstow; Sister Anastasia Kelly, of 40, Grove End Road, St. John's Wood; and Sister de Chantal Harwood, of the Convent of Mercy, Wigton, all of whom were decorated with the Royal Red Cross in 1897, upwards of forty years after rendering great national service. Mrs. Ann Day, and Mrs. Mary Beasley who lives near Manchester, are also of this historic band.

In the early days of our training we worked in a ward in the Royal Infirmary, Manchester, the Sister of which was a Mrs. Mackin, who had also done yeoman service at Scutari. She was a most humorous Irish woman, and her tales—to which we delighted to listen—were by no means of a lugubrious order; indeed, in spite of the terrible suffering endured by our brave troops of death and disaster, according to Nurse Mackin spirits did not drop below zero. She herself was often in hot water—once for singing the "Wearing of the Green," a highly improper ditty in the enemy's country, and yet again for "wasting time" making a plum pudding on Christmas Eve, a delicacy which was confiscated, and for the loss of which she wept copiously and never ceased to repine, although she lived to enjoy many a slice of this national dish at the M. R. I.

Nurse Mackin was also strongly of opinion that the nurses who laboured in the Crimea should have participated in the Sultan's Fund, as originally intended. No recognition or reward of any kind

was ever given by "a grateful nation" to the rank and file of the nursing sisterhood who accompanied Miss Nightingale to the Crimea or worked under her direction when there. Their names are unknown, and it was not until forty years later that a few of those living received the Royal Red Cross from Queen Victoria in June, 1897.

The Metropolitan Nursing Association, formed to provide skilled attendance for the sick poor of London in their own homes, continues its beneficent work. During last year 1,435 cases were cared for at the cost of £1,600. Speaking at the recent annual meeting, Mr. C. S. Loch and Mr. F. D. Mocatta spoke of the recent improvement in general medical knowledge, the latter remarking that when the Society was founded it was common to find sick people kept in hermetically-sealed rooms "for fear the air should be too strong for them."

On Wednesday in last week a meeting was held at Chelsea Infirmary, at which Mr. Eustace Miles read a paper on Physical Training and its Relation to Nurses. The chair was taken by Miss Ina Stansfeld, Inspector to the Local Government Board, who in introducing the lecturer commended the subject to all those interested in the equipment of nurses working under the Poor Law, trusting that the day was not far distant when physical training, under qualified teachers, would find its place in the curriculum of the three years' probation. Herbert Spencer, the great pioneer of education, said that "nothing will so much hasten the time when body and mind will both be adequately cared for as a diffusion of the belief that the preservation of health is a duty and that all breaches of the laws of health are physical sins." Physical training, Miss Stansfeld observed, was as necessary for the nurse as for the soldier to equip her for calls to strenuous service in the ward or in the battlefield. Mr. Miles gave an able discourse, treating (1) of recreations and games, specially recommending fencing and swimming; (2) of the art of breathing—the Hindoo, representing a nation which has for thousands of years realised the value of physique, teaches his child about God and then teaches him how to breathe; (3) general exercises for the body, illustrating those best calculated to develop the muscles of which the nurse stands most in need—the plantar arch, the muscles of the arm, &c. The meeting represented a large gathering of nurses of all ranks, the Matrons of the following infirmaries testifying by their presence to the interest taken in the subject:—Miss Wesley (St. George's-in-the-East), Miss Shipley (Fulham), Miss Griffith (Hackney), Miss Hampson (St. George's, Hanover Square), Miss Stewart (City of London, Bow), Miss Marquardt (Camberwell), Miss Graham (Mile End), Miss Hopper (Bethnal Green), Miss Inglis (Shore.

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