

terms in which the resolutions were proposed by Mrs. Hayward and Miss Todd could not have been more tactful, eloquent, and inspiring.

Upon the nursing profession of the present day has fallen the onerous and honourable duty of laying the foundations of nursing as a profession, and according as we rise to our responsibilities we shall be judged by succeeding generations of nurses. Let our conscience be clear of any just cause of offence, so that we may stand without fear at the bar of public opinion when the verdict is passed on our work.

M. B.

Rest through Nerve-Training.

A large number of the members of the Chelsea Infirmary Nurses' League assembled at the Infirmary on Wednesday, December 9th, to hear an address by Mrs. Archer on "Nerve-Training." Miss Ina Stansfeld, Inspector to the Local Government Board, presided, and, introducing Mrs. Archer, said that the meeting represented Matrons of the Metropolitan Infirmarys with members of their staffs, as well as members of the Chelsea Infirmary Nurses' League; that they were leading strenuous lives, for whom each day as it came brought tension to brain, muscle, and nerve; physical culture and nerve equilibrium, bringing muscular development, was as necessary for the nurse as the soldier; that it should as far as possible precede the training of the probationer, in order to enable her to enter upon her training fully equipped; but that all nurses should endeavour to counterbalance waste of muscle, brain, and nerve by giving up a short time each day to the equipment of the body. This was part of the self-consecration demanded of those who devote themselves to the most noble of all professions—the nursing of the sick.

Mrs. Archer, in the course of an interesting address, said that the laws of rhythm, of balance, of compensation governed life; that, looking into Nature, the fundamental rhythm of life was activity and rest; if these two elementary functions were not balanced rhythm was spoilt and life suffered. Activity must be balanced by rest, and rest must be balanced by activity. Work should be strong and steady, but it should not become a feverish strain; for work must end in achievement, but strain ended in collapse. Rest should be real repose, for without repose there could be no renewal of vigour. Imperfect rest impoverishes activity, and over-strenuous activity impoverishes rest. Professor William James, in his famous book, "Talks to Teachers," gave nerve-training a beautiful name—the Gospel of Relaxation; it teaches (1) how to relax tension, and how to use the freedom gained by so doing; (2) how to drop tension which brings relaxation; (3) to abstain from superfluous tension, which brings balance; (4) to apply ten-

sion, which means power. Mrs. Archer emphasised the dangers of working at high tension for a few years, which brought collapse just when experience had equipped the worker for the best work. The nerve-trainer's motto was "Power through repose." She gave practical demonstrations of her system of training. Votes of thanks were accorded to her, and to Miss Stansfeld for presiding.

Army Nursing Notes.

Quietly, much progress is being made under the new regulations of the War Office Advisory Nursing Board, which will ultimately result in a much more efficient system of nursing in the Army than seemed possible a few years ago. There is still, of course, plenty of red tape in use, but it is being ruthlessly snipped here and there, and things are expanding in consequence.

The erection of a Central Nursing Home in connection with the new Military Hospital at Millbank will meet a pressing need, and the institution of a pass examination for Matrons in the Military Service, and various other forward steps, are most encouraging.

Under the new Army Nursing Regulations the orderlies are to receive a thorough three years' course of practical and theoretical nursing education, so that, for the first time in this country, schools for male nurses will be established. At the end of this three years' term a class of male nurses will arrive, fully qualified, we should imagine, for registration. Such nurses will be of the utmost possible value to the community at large, as numbers of male cases are now nursed in private houses by women for which a male nurse, if equally efficient, would be far more suitable.

We congratulate those ladies who have been appointed Matrons under the new system. Their pioneer work is of immense national value.

"Nomad" writes to the Press asking what becomes of the Army Nursing Sisters when they retire from the Service. All have not, it is pointed out, relatives with whom they can live, and many possibly have not a place they can call a home. "Some years ago," says "Nomad," "Queen Victoria assigned a part of Hampton Court to the use of officers' widows left in straitened circumstances. If another State building were graciously lent wherein retired Sisters of the Army might find a haven of rest for their declining years, I venture to think that there are many soldiers of both the commissioned and non-commissioned ranks who would take a proud interest in contributing towards the endowment of it as a thank-offering to those who perform such self-sacrificing work."

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