

## Appointments.

### MATRONS.

Miss Davis has been appointed Matron at Queen Charlotte's Hospital, Marylebone Road, N.W. She was trained at King's College Hospital, Lincoln's Inn Fields, and has held the position of Sister at University College Hospital, where she is at present Assistant Matron.

Miss E. M. Turner has been appointed Matron of the Royal Hants County Hospital, Winchester. She was trained at the Hospital for Sick Children, Great Ormond Street, London, and at the Leicester Infirmary, where she at present holds the position of Assistant Matron.

Miss Edith Peile has been appointed Matron of the Princess Alice Hospital, Eastbourne. She was trained at the Royal Surrey County Hospital, Guildford, and has held the positions of Charge Nurse at the South Western Fever Hospital, Stockwell, Sister at the County Hospital, Guildford, and at a Nursing Home in Eastbourne. She has also worked as a Queen's Nurse in Aldershot and Dublin.

Miss E. J. Milne has been appointed Nurse Matron of the Montrose Fever Hospital. She was trained at the Royal Infirmary, Glasgow, and the Belvidere Fever Hospital.

### SISTERS.

Miss Florence Fitzherbert has been appointed Sister at the Jaffray Hospital, Erdington, Birmingham. She was trained at the Queen's Hospital in that city, where she has held the position of Sister in a men's Surgical Ward, and in the Casualty Department.

Miss Eleanor Inglis has been appointed Sister at the East London Hospital for Children. She was trained at St. George's Hospital, Hyde Park Corner, and has held the position of Sister of the Children's Ward at the Gravesend Hospital.

Miss Dora Harbutt has been appointed Theatre Sister at the Swansea General and Eye Hospital. She was trained at the Royal Infirmary, Bradford, where she has also held the position of Theatre Sister.

### SUPERINTENDENT NURSE.

Miss M. G. Charles has been appointed Superintendent Nurse at the Union Infirmary, Basingstoke. She received her training at the Chorlton Union Infirmary, Manchester, and has held the positions of Charge Nurse at the Union Infirmary, Leeds, Superintendent Nurse at Warwick and Eltham Union Infirmaries, and Head Nurse at the Union Infirmary, Battle.

### NURSE.

Miss Maud Turner has been appointed Nurse at the Union Infirmary, Braintree, Essex.

## The Formation of Mental Habits.

By Miss M. LOANE,

*Superintendent of District Nurses, Portsmouth.*

"Nous avons plus de paresse dans l'esprit que dans le corps," said La Rochefoucauld. The words find a ready echo in the heart of all teachers, especially of those whose duty has been to give practical instruction in nursing, housework, cooking, and kindred subjects. How willing our pupils are to use their muscles, how unconquerably averse to using their brains, how innocently expectant that goodwill and hurrying will dispense them from the hated necessity of thought, or the thralldom of following any fixed routine.

To what extent it lies in our power to develop and even increase the amount of brain that we possess may be a matter of dispute; but it is undeniable that the formation of certain mental habits will ensure that such intellect as we may have shall be put to the best possible use with the least possible strain to nerves and will; and it is equally unquestionable that the absence of these habits often stultifies the undisciplined efforts even of persons whose natural abilities are far above the average. These habits are, for the most part, those which all earnest governesses and schoolmasters endeavour to impress upon their pupils, usually with no immediate result, for they must be acquired by personal, conscious striving not reasonably to be expected from children, nor, indeed, from any persons who have not the full stress and stimulus of adult life and experience. They are briefly—

1. Habits of general mental activity, resulting in the half-mechanical and unlaborious acquisition of knowledge, chiefly of a practical kind.
2. Habits of rapid and inconspicuous observation, combined with the power to reproduce accurately what has been observed.
3. Habits of method and order.
4. Habits of intellectual sincerity and discriminating receptivity.

General mental activity, alertness of mind, ready impressionability, can only be maintained by those who are in good physical health. If we find ourselves shunning all intellectual exertion that is not strictly obligatory, and anxiously avoiding people who might try to explain something deeply interesting in itself, but not necessary for us to know; if a new post-office regulation or a strange time-table is a torment; if the very idea of voluntary study becomes incomprehensible, it is evident that our bodily strength is overtaxed. The brain has as much as it can do in directing our weary hands and feet, and holding open our languid eyes, and economises labour by "following the line of least resistance," or in more homely phrase, by "keeping in the old ruts." In this case the only thing to be done is either to strengthen the body, or

[previous page](#)

[next page](#)