

be sure he will betray yours, if he gains it, to someone else. As people behave to others, so they will behave to you as soon as temptation arises.

6. The world will treat you quite as well as you treat it; often, for long stretches of time, far better.

7. Never trust too implicitly to the knowledge of a friend or the ignorance of an enemy.

8. Remember that vanity is the tenderest point, and be careful not to wound it unnecessarily.

9. Never, if it can be avoided, speak of your health, except in the most passing way, to anyone but your doctor.

10. A person who, to tide over a momentary depression, confides in a mere acquaintance is as wise as a man would be who, rather than endure a few hours' hunger, gave half his fortune for a plate of yesterday's sandwiches.

11. Never ask anyone to do you a favour unless you are quite sure that it is in his power to grant it. If it is not, your request will humiliate both him and yourself.

12. As much ceremony is needed in dealing with those below us in station as with those above. If we have a fond preference for brusquerie, it must be kept for our equals.

13. Do not frequently make use of such words as duty, honour, religion. It will rouse suspicion of your sincerity, and constant careless use blunts and attenuates the meaning of the noblest expressions.

14. Do not press an offer of assistance upon anyone. However intimately you think you know a person, he may have reasons for declining which you could never divine; and your too officious kindness may be embarrassing him, or driving him into conventional half-truths.

15. To make too many claims on others is selfishness; to make none is fostering in your friends a vice which you dread and shun for yourself.

16. In the long run people will love as well as respect us more for justice than partiality, even if the one condemns and the other excuses them.

17. We must beware of attributing other people's success in life to their bad qualities, and our own failure to our virtues. Depend upon it, our apathy and indifference and entire lack of enterprise have been greater stumbling blocks than our nice sense of honour, and it is our want of polish, not our superior rectitude, which has offended the powers that promote.

18. Be careful what you say, but still more careful what you write. The spoken word is often forgiven and forgotten, however harsh, cruel, or untrue it may be; but the written word seems "immortal hate."

19. Do not be too much wounded by ingratitude. Often the appreciation of your kindness is merely dormant; when it awakes, the fruit of your good deeds may be enjoyed by someone who needs it far more than you do.

20. Never submit to an injustice, but be very sure that the act of which you complain really comes under that heading.

21. Do not be in a hurry to give your opinion of a new acquaintance, a new servant, a new pupil. If it is good, it will be none the worse for a little keeping; if it is bad, time and further experience may greatly modify it.

22. Be as ready to listen to the criticism of enemies and strangers as to the flattery of friends.

23. Take care not to weary people with your complaints. As soon as they are the least bit bored they will think that you deserved all your misfortunes, and more too.

24. Avoid talking of yourself, your plans, wishes, virtues, oddities, failings.

25. Without worldly wisdom we shall always play a smaller part than that to which our abilities entitle us.

Meetings of Protest.

During the past week meetings of Matrons' and Nurses' Associations have been held in London, Edinburgh, and Dublin to consider the "Memorandum of Association of the Incorporated Society for Promoting the Higher Education and Training of Nurses."

Condemnation of the whole scheme has been unanimous at these meetings, with the result that several Petitions are being prepared praying the Board of Trade to refuse its License to the seven financiers who, as signatories to the Memorandum, are asking for such absolute and autocratic power over the whole nursing profession.

At a meeting of the Matrons' Council representatives were present from Ireland, Wales, many of the most important provincial hospitals, and the metropolitan members attended in force. It is not too much to say that the greatest indignation was expressed at the secret and high-handed attempt to institute an omnipotent oligarchy over the nursing profession as a whole, and a forcible petition was drawn up and adopted unanimously.

So dangerous to the personal liberty and professional rights of trained nurses was the "Memorandum" considered that it was decided in conjunction with the Society for the State Registration of Trained Nurses to call a Meeting in London at the earliest possible date, Wednesday, February 22nd, at 20, Hanover Square, W., at 4 p.m., at which Lady Helen Munro Ferguson will preside, "To enter the strongest possible Protest against the License of the Board of Trade being granted to a Society which seeks to obtain absolute authority over Trained Nurses," at which important resolutions will be submitted by those who have taken an active part in guarding the rightful privileges of trained nurses, and who are earnestly working for the organisation of nursing by State authority.

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