

own independence that is lacking in his southern brother.

He differs, too, in his manner of living. He is brought up on porridge and potatoes as his staple diet, porridge made of sound, coarse oatmeal, none of your half-cooked patent foods. He makes small, odd ends of meat that no southerner would look twice at, that can be very cheaply purchased, into a savoury stew, or that national dish in these parts, "Hot-pot." His bread is home-baked; a loaf will be good eating when it is fully a week old, and scones and tea-cakes and apple pasties are made, too, as well as bun loaf. The dark rye bread is, I am sorry to say, dying out, but you can still meet it occasionally. It is splendid stuff.

His feet for everyday's hard work he does not clothe in clumsy, leaky, brown-papery boots. He and his wife—boys and girls—are clad, as regards their feet, in clogs—wooden-soled, iron-shod, well greased. They are warm, comfortable, and weather proof; they wear twice as long as boots, and are cheaper, as well as more serviceable. Mutton hams are a great stand-by in the dale farms; they swing from the great beams in the big, low kitchens, along with sides of mellow, home-cured bacon. The cheeses, too, we eat are very different from the cheap American varieties so popular in the south. Ours are rich, creamy Lancashire and Yorkshire. In cases of illness in these dales, beef-tea is almost an impossibility, for beef is hardly seen. Mutton tea from the best mutton in England is easily made, and chicken broth is a stand-by; but the far-distant butcher only has beef on a Thursday, and then you have to get hold of him. Meat, on the whole, prime English meat, is cheaper, and far more economically cut, as well as being better in quality, than in the south.

On some of the farms they still make their own candles from the boiled-down mutton fat.

Peat and wood are used largely as fuel, almost entirely displacing coal, the carriage of which makes it too expensive a luxury for the dalesman.

Nearly all the cottages and farms take lodgers in these parts. You may be sure of clean accommodation, at any rate, wholesome, simple, well-cooked country fare, and magnificent scenery. There is fishing, too, to be had if you are inclined that way, for all these mountain streams contain trout. For anyone who likes the real country, wild and free, there is no more delightful spot for a holiday than one of these ancient homesteads, where, at first hand, you can study the customs and conditions of life of a quite distinct section of the English people.

Miss M. A. Nutting, Superintendent of the Nurse Training School of the Johns Hopkins Hospital, has been re-elected President of the Maryland State Association of Graduate Nurses, which recently held its annual meeting at Baltimore.

## Nursing Echoes.

\*\*\* All communications must be duly authenticated with name and address, not for publication, but as evidence of good faith, and should be addressed to the Editor, 20, Upper Wimpole Street, W.



From all over the country news reaches us that trained nurses are strongly opposed to the Constitution of the "Incorporated Society for the Higher Education and Training of Nurses," from which they are excluded in a very despotic manner from any form of representative government on the Council, which proposes to control their education, work,

and personal liberty.

The following societies have sent Petitions to the Board of Trade, asking that its License shall not be granted to this Society:—

The Matrons' Council of Great Britain and Ireland.

The Society for the State Registration of Trained Nurses.

The Committee for Promoting the State Registration of Nurses in Scotland.

The Irish Nurses' Association.

Several other Leagues are also considering the question.

We are glad to learn that the Royal British Nurses' Association is also organising opposition to the new Registration scheme. As it is incorporated by Royal Charter, the Association has a forcible *locus standi* in the matter. Had the R. B. N. A. made better use of the powers granted under the Royal Charter for furthering the better education and status of nurses, the latest attempt to "do" for the nursing profession might never have been attempted. There is no doubt that under Purpose 1, the Royal British Nurses' Association has very wide powers; but the time is past in which to use them effectively. The organisation of nursing can only now be satisfactorily accomplished by Act of Parliament, and we are glad to know that the more active members of the Association quite realise that any further attempt to oppose the principles on which the Association was founded are not only wrong, but useless, and are working indefatigably for State Registration.

The half-yearly issue of *League News* is to hand, and is a very interesting number. We specially enjoy reading letters from old Bart's nurses in far-away lands, and in the present issue Miss S. Harland sends "Some Notes from Kashmir"; Mrs.

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