

## The Nurses' Holiday House.

### SIR JULIAN GOLDSMID MEMORIAL.

It is now nearly fourteen years since the beautiful mansion, 12, Sussex Square, Brighton, was secured by the generosity of Mrs. Lionel Lucas and various other friends of the scheme as a Holiday Home for Nurses. Change of environment, fresh air, home comforts, rest for mind and body—to whom is such relaxation more necessary than to those who pass so much of their time occupied in work, soul and body absorbing work, such as nursing the sick? Since 1891, when the Home was opened, the working world generally has come to realise the necessity for rest and fresh air, and motors and country cottages have become as great a necessity to the rich brain worker as cheap trips have to the industrial population. Between three and four thousand nurses have in those fourteen years found rest and recreation at Sussex Square, and it would be difficult to estimate the sum total of health and happiness which has thus been available by many of these visitors. One writes:—

"I have often heard of a 'new woman.' Since spending a holiday in that delightful, cheery place, I am one. Some people seem to think that living in one's boxes, often necessary in a nurse's vocation, eliminates all those little human longings for home surroundings. My belief is that it accentuates them. How refreshing after nine months' 'hard' to awake with the sunlight dancing in through the open windows, smelling salt and ozone, and to know that you need not do one thing you hate all day. That as soon as dressed you will find a delicious breakfast in the sunny-yellow dining-room, and plenty of pleasant company to help digest it. That after that you can be free and lazy for lovely long hours, and that the only thing to mark time is the eagerly expected meal bell, which to obey is by no means irksome. Don't let anyone imagine that rules and regulations make an institution of this *real* Home. One need neither consider one's own inner man or the outer man of the world in general. The very greatest privilege to my mind is just for once being 'done for,' and that is a rôle which the kind and genial Matron plays to perfection. On more than one occasion you have suggested co-operation upon the part of those who appreciate this Home in helping to make it self-supporting. Surely, as the sum required is small, this could easily be done; only a little organisation is necessary. Why should we nurses not form a Guild to keep it going? As the freehold and lovely house and furniture are already most valuable

assets, we ought to be proud to keep our charming Home a going concern."

The truth is that nurses are busy people. When they visit the Home they are usually very tired people, and they have perhaps not realised the anxiety for years past of the honorary officers to provide the annual deficit of some £200 a year. We do quite think that the time has now come when those nurses who value the Home should each co-operate to help to put it on a sound financial basis, and with a little organisation this could easily be done. We have talked this matter over with the new Matron, and by-and-bye, when she has had time to look round, we feel sure she will lend a helping hand. It has been suggested that the Matrons' Council and the Nurses' Leagues, some members of which societies are annual visitors, might also take an interest in the future welfare of the Home.



Mrs. BRIDGES,  
Matron, Home of Rest.

## The Royal West of England Sanatorium.

The Committee of Management of the Royal West of England Sanatorium, Weston-super-Mare, in their annual report, make mention of the very efficient way in which the management has been conducted by Miss Edith Mawe, the Hon. Lady Superintendent, and, indeed, this tribute is well deserved.

We may mention one instance of Miss Mawe's work on behalf of the institution. In 1902 the Committee were compelled to build and enlarge the sanitary accommodation of the Sanatorium because of its age and insufficiency. This was done with the strictest economy consistent with efficiency, but the cost was £2,000. At the beginning of the present year £1,583 5s. was still owing, and the Committee were paying 4 per cent. for the loan of the money.

Miss Mawe then opened a list of donations for paying off this debt with one of one hundred guineas, and since then she has collected £1,000, so that now only £380 is owing, and many promises have been received of donations towards defraying this sum. It is not everyone who has the means to subscribe so liberally as Miss Mawe towards the institution which she superintends, or the capacity to raise so large a sum of money, and we think the Committee are to be greatly congratulated on having for the last ten years had the benefit of the services of so able a Lady Superintendent.

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