

from an open-air life with plenty of nourishing food. There are 188 boys and girls of all ages from seven to fourteen. They arrive by tram early in the morning, at 8 a.m., and have free transit, and they spend the whole day up to 7 p.m., when they return home by tram. Plenty of rest, plenty of food and occupation, all taken in the open air, this is the prescription, and the results after a month are surprising. On arrival, the children have a sort of porridge, then all rest in deck chairs for an hour, and then have physical exercises and carefully-devised drill. At 10 a.m. they have milk and roll; at noon a good dinner of meat and vegetables, varied by soup and puddings; after this all rest for two hours in the deck chairs, no reading or talking or occupation of any kind is permitted, and most sleep. At 4 p.m. they have milk and bread and jam or bread and butter, and before they leave soup and bread. The staff is only a sweet-faced Red Cross Sister, a kindergarten teacher, a cook, and a boy. There are organised games, some singing, sometimes a story read aloud, sometimes a nature-study lesson, and many of the children arrange miniature gardens with great taste. Every day a doctor visits the colony and examines any specially-delicate child; this as a work of love. The "plant" required is most simple: a small kitchen and scullery, a room for "Sister," where the doctor sees the children, and a large shed with wooden floor, open to the air in front, but closed on one side and at the ends, where the children sit and dine and play on very wet days; but the soil is sandy and dry, and the trees form a protection, and in cases of doubtful weather "fine days" are liberally interpreted.

The children are so happy and derive such benefit that the parents seldom or never keep them at home, even in bad weather. The big shed can be taken to pieces in the winter and placed in security till it is required again for its beneficent work. The children stay longer or shorter periods, according to the doctor's orders, and the average cost per child, including wages, food, and plant, is only about eightpence a day. This year, 60 were received free, the city paid for 90, eight parents paid 6d. a day, and 30 paid 2½d. The children are all among those who are certified by the school doctors as unfit to attend school; some are suffering from bad food and unhealthy homes, many are anæmic, some have weak hearts or lungs; but all, with very few exceptions, benefit by this sensible, inexpensive treatment.

Berlin has much more of interest to show in her orphanages, her schools for defective children, for stammering children, for epileptics; here it only remains to point out that the work to which attention has been called is carried out chiefly by private effort, approved and assisted by the city, which

gives its subsidies in full confidence, unhampered by any conditions; while the large number of Government officials who share in the work as private individuals and the absolute publicity which is courted are guarantees for the efficiency of the work.

Miss Alice Roosevelt's visit to Japan has by the ovation given to her proved how sincerely grateful Japan is to the United States for many of the benefits of civilisation received, not the least amongst them being the impetus given by American women to trained nursing in the Flowery Land.

The Rev. Dr. David Thompson, a missionary of the Presbyterian Board of Foreign Missions in Tokio, says:—"It is interesting to note, however, that the trained nurse is a comparatively recent figure in Japanese life, for many who are still young can remember the time when there was not one trained nurse in the whole country. The history of the movement is told by Mrs. Ozeki Chika, a Christian woman, head nurse in the Red Cross Society. She says that in 1883, when Mrs. John Ballagh, an American woman, fell ill at Yokohama, she wanted to employ a trained nurse, but was told that there was not one in the country. This made a profound impression on her, and when she returned to the United States shortly afterward she began to raise funds to establish a school for nurses in Japan. Mrs. Ballagh died in Philadelphia, and her work was taken up by her former associate, Mrs. M. T. True, who was at one time the head of the Joshi Gakuin, a Presbyterian girls' school in Tokio. As a result of her efforts a small training school for nurses was established in 1885. The first class of seven, of whom Mrs. Ozeki Chika was one, gained their practical experience in the University Hospital and were graduated in 1888.

"About the same time, the Charity Hospital was established and needed nurses, but lack of funds prevented their employment. A woman's charitable association was formed, however, and by its aid, with the co-operation of the Empress of Japan, a training class for nurses was formed. In the meantime the Presbyterian Foreign Mission Board of this country had granted to the hospital the services of Miss M. E. Reed, who taught the native women the improved methods of nursing at that time practised in the United States. This first class here was also graduated in 1888, and at once its members appeared before the Japanese public in a benevolent and humane work never before witnessed by the Japanese. Their example attracted wide attention, and thereafter trained nurses were raised up in all quarters of the country. It will thus be noted that the large band of nurses which is proving of invaluable aid in this war, grew out of a work started by American missionaries."

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