

poorest class, 85 per cent. of the children are born physically healthy. Only after birth we set to work by ignorance, and poverty and indifference to ruin them. Now we have been told the cause. Now we know how those conditions that distressed us so much have been brought about. "We know how it could be undone. The wider apprehension of general decay has been allayed; but our guilt for the existence of physical deterioration, where it occurs, is deepened. We are humiliated; we are convicted; but the conviction and the humiliation carry hope with them; for since it is we who are responsible, it is we also who can, in shame and contrition, take up our responsibility, and bring in the new day." A. M. S.

The Kingston League and Registration.

At a recent meeting of the members of the Kingston Infirmary Nurses' League, at which the Report of the Select Committee of the House of Commons on Registration was considered, a hearty vote of thanks was passed to Mrs. Bedford Fenwick for her work in the Registration cause, which resolution has been forwarded to her by the Acting Hon. Secretary.

Sir Julian Goldsmid's Home of Rest.

The Home of Rest at Brighton, under Mrs. Bridges' cheery management, seems to be in high favour these holidays; every bed is full, and visitors in the happiest vein. Miss E. E. Fowler, of the R.N.S., has set a very good example to those who wish to help to keep up the Home. She has undertaken to provide the toilet mats, pincushions, and hair tidies, and has already sent half-a-dozen sets of a charming design. We feel sure this nice gift will be greatly appreciated by the Matron. How we wish we could get a few visitors to undertake the curtains. With thirty windows to drape, quite a dozen new pairs are required annually to keep the supply in good condition; and all these pretties run away with money needed for uninteresting things like rates and unseen sanitary arrangements, such as cleaning out boilers and pipes, and replacing tiles on the roof (which fly away gaily in storms), cleaning traps, and no end of other necessary domestic matters "with nothing to show for it." We are glad to hear that several influential visitors to Brighton have paid a visit to the Home of late and have expressed themselves as charmed with its arrangements.

Recreations of the Pioneer Nurse.

All work and no play makes Jack a dull boy. Whilst the work is there in abundance there is certainly no lack of "play" for the Pioneer Nurse. The hours off duty are not to be compared with our home hospitals. Of course, the large schools of nursing in Cape Town and the Transvaal are modelled on the home lines, and their hours are much the same, with the added disadvantage of extremely hot weather. But in tiny hospitals up-country, which practically means some part or other of Rhodesia, one of the great charms of the life is that nothing can be done by rule of thumb, which applies to off duty hours amongst other things. This may be partly why the life tends to make for the demoralisation of the nurse straight out from home. There are so many women who are most excellent as long as their duties are clearly defined, and they are hedged round with all the aids of convention, who simply go all to pieces left to themselves. The work itself has to determine the off-duty hours up-country. Sometimes there is very little to be done; sometimes the rush is so great that were there eight people to do it instead of four they would be kept very busy.

In the wet season fever cases come pouring in, and the first hot months after the rainy season are still worse. Everyone gets "a touch" at this time, even the nurses themselves. With one nurse out of two down with fever, it can well be imagined there is little or no off duty, and what there is must be devoted to rest. But when the work is slack and the staff is well, the ideal aimed at is a seven-hours' day. One nurse comes on duty at 2 p.m. until 2 p.m. next day, relieved by the night nurse, who comes on at 9 p.m. until 8 a.m. next morning. This gives the day half a day on and off. This sounds excessive leisure, but considering the conditions is a fair arrangement. The climate is exhausting, there is no goodness in the air, and if one could suddenly test it as compared with England it would contrast like Henley-on-Thames with a mid-Atlantic breeze. And climate, air and fever do engender a perpetual state of tiredness, however strong one may be. So the long off-duty hours, when manageable, are an economy in the end. Now as to the possibilities of filling these hours of leisure.

Presuming the nurse to be an intelligent one, which—no, let me refrain!—the interests and amusements are unlimited. Lest the above remark be thought too scathing, let me sorrowfully add that nurses do seem to pass by the great big interests attainable, and content their souls with paltry tea-parties and silly scandals they could enjoy even better at home. Not that one could possibly urge any holding aloof from pleasant social intercourse. But in Rhodesia the whole people of a town are more like one big family. To take, for instance,

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