

while worries and "ingrowing thoughts" are forgotten in the interest of the new occupation. Great care is taken that the patients do not overtax their strength, especially at first, and the amount of time so spent is regulated by their condition. When tired from the weaving or clay-modelling, the patient is established on a couch or deck-chair on the piazza facing the sea, and has some bright story read aloud, or is encouraged in some very light occupation.

Games and simple amusements are found helpful as diversions, but the lasting interest that the above-mentioned crafts can awaken places their curative value very high. One responsive patient regretted the advent of Sundays because, owing to religious scruples, she could not work at her beloved pottery on those days. Thoroughness and good workmanship are taught and encouraged, and the products of this newly aroused energy are not allowed to go to waste, but find a ready sale in the regular Arts and Crafts shops of the city. Nurses who have watched the oft-times unsuccessful trial of the Rest Cure, with its enforced loneliness, idleness, and all too favourable opportunity for morbid self-contemplation, will be interested to follow the results of this different method of treatment. To quote from the experience of one nurse: "I took a patient there suffering from depression and melancholia, who for months had refused to see her friends, had lost her self-control and was distressingly restless. In two months she was seeing and talking to any one who came, had regained to a great extent her self-control, and spent many whole afternoons quietly and happily working at the pottery." While too soon to speak of permanent results, the evidence seems to prove that many patients improve quite wonderfully, by thus having their minds diverted and directed towards a healthful occupation for mind and body.

Amongst the professionally edited journals for nurses, the *Nurses' Journal of the Pacific Coast* is one which should be included in their standing orders by those responsible for keeping the tables of Nurses' Training School Libraries supplied with current nursing literature. It is a bright and well-written quarterly publication, published by the California State Nurses' Association at 140, Fern Avenue, San Francisco. The high standard maintained in journals edited by nurses for nurses is notable. There is a great deal of latent talent in our ranks, which finds expression, given the opportunity.

The Hospital World.

THE WEST CUMBERLAND INFIRMARY, WHITEHAVEN.

It is always pleasant to have progress to record, to find a marked advance in the right direction in any institution in which one happens to be interested. There are, I imagine, few hospitals which have made such visible strides towards efficiency as the above infirmary in such a short time.

Two years ago it was everything it should not have been, a minus with scarcely any counter balancing plus. Then the Committee awoke from slumber, pensioned off the untrained Matron who had ruled things domestic for some thirty years, and fortune looked their way and appointed Miss Evans, the present Matron, to the vacant post.

Miss Evans was trained at Newcastle-on-Tyne Infirmary, and, as well as other things, had filled the responsible post of Assistant Matron at one of the Liverpool hospitals, and out of chaos she has already evolved order and set things going in a way which moved me to admiration and respect.

Before her advent there were no ward kitchens, no baths, no dispenser, no proper porter (a kind of odd man apparently did all that!), no proper provision for either the nursing or the comfort of any staff, in fact, as someone said to me "No nothing," with more emphasis than grammar.

All this I had heard of, and as I stood on the doorstep, wondered how Miss Evans had tackled the difficult problem before her.

A trim, bright-faced maid answered my ring, and took me across a spotless hall to an equally well-groomed board room, from which Miss Evans presently conveyed me to her own pretty sitting-room, which contained, among other treasures, a magnificent old chair which made me break the tenth commandment on the spot. Through this sitting-room opens a tiny office which was formerly used as the hospital store-room! The latter necessary spot is now more suitably provided in the basement together with the nurses' dining-room (another innovation; they pigged it anyhow in their only sitting-room before, and the dinner all got cold on the draughty way upstairs), commodious kitchen and servants' hall, larders and laundry, all well equipped and managed. On the same floor as the board room and matron's sitting-room and office, the newly instituted out-patients' waiting room, surgeon's room, and dispensary, all trim and smart.

Then there is the male floor of the wards proper: a roomy, finely air-spaced ward, with

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