

glare at you, if, after you have seen the other pictures (Norwich is as rich in art as it is in archæology, geology and antiquity), you ask to be allowed to see the portraits in the committee room. In tripping over the town bridges you will probably ask yourself where lives the artist who has not endeavoured to portray their antiquity? Where the young aspirant who has not gone hopefully to work upon the solid battlements of the well governed gaol, with the hope of reproducing it faithfully?

Don't overlook the Shire Hall, nor stand too long in the fine old market place, and you can do that big edifice which I call the mother church last of all, because I think you will want to carry the beauties of St. Peter's Mancroft in your memory. You must mark all the institutions you pass in your preambles, and remember where to find the many churches. Surely no other city takes such care of the spiritual welfare of the people.

Now you will just have time to see Victoria Hall, but you had better have luncheon before you go to St. Andrew's, as the building itself is a fine study, and the pictures cannot be gone through in a hurry. Take a good look at the Norfolk hero, Admiral Lord Nelson, and you will find the flag he carried off from the French if you look for it. You will pause under the first window containing armorial bearings in stained glass, and read the name of "John Godwin Johnson, Esq., Mayor, 1885," but I do not know whether it is our good Surgeon already mentioned. By the time you have finished here you may be a little tired, so then you might take a book and sit in the shade of Chapel Field Gardens and rest awhile. You will find the walks so smooth that you will be apt to think the very men who paved the walks must have thought tenderly of poor halting invalids' feet. The laugh of the children in the playground specially allowed to them will not interrupt your reading, and the band being a good one, you will find the music very soothing. When you are quite refreshed just step up to the Drill Hall; it is quite worth your while, and while you are in the neighbourhood of St. Stephen's look out for the Dolphin Inn; the structure is so quaint and pretty I am sure you would not like to pass it over. There is still much to be seen. You had better choose the morning for a visit to the Castle (the part now standing was originally the keep, or donjon tower), for you will not care to be about seventy feet above level when old Sol is furious, though I think you would forget all about him while gazing at the picturesque old town below, and the loveliness of the surrounding country. When you are inclined to return you had better do the museum. You must visit the chapel room to see the art collection, and you will find a free library and a literary institute all in the same range of buildings.

Before visiting the Guildhall, in which you will find more portraits and much that will interest you, especially the beautiful flint work, of which the building is a very fine specimen, you may like to take a walk to the town close. There are some handsome dwellings by the way, and the gardens, with the sweet perfume of the flowers, will refresh you; or perhaps you would like a drive. You have only to mention to the driver that you are a visitor, and he will take you through the best part of the country and point out every spot of interest.

I hope you will make a special note of every one of the benevolent Institutions, which are really quite numerous, and you must try to see the Norfolk Broads—they are so justly famed. You had better reserve one day for the churches. I think there are about forty; some are especially fine, all are grand in their solemnity, and then I would ask you to pause in the most ancient of these sacred temples and reflect on all you have seen in this beautiful city. Its fine open thoroughfares, its magnificent buildings, its lovely residences, its places of worship for every possible creed, its many institutions, where every want is supplied—civil, religious and intellectual; Hospitals for the sick, homes for the poor, homes where "old men and women, young men and maidens," and even little

children, "praise the name of the Lord," because it is so comfortable. Will not the thought of these make you kneel and ask a blessing on the long line of goodly citizens, past and present, the noble benevolent men and women who have fed and do still feed His lambs?

This is but a rough sketch and will not by any means convey any real idea of the charms of Norwich, but to be able to appreciate it as I did, you would have to go as I did from that world of smoke and tall chimneys against which some writers rave, forgetting that they mean bread to the mass. I chafe at the smoke, but I love the pretty faces seen under the friendly shawls, and it is not every individual that can hear morning, noon and night, "The clang of the wooden shoon." Also I was exceptionally favoured in my visit by the escort of a lady whose conversational powers, knowledge of geology and archæology are only exceeded by the zeal with which she enters into everything that can bring pleasure and profit to her friends, and her natural enthusiasm for the city of her birth.

The air of Norwich is fresh and invigorating, but you can have what a Nurse chiefly wants, a change of scene and sea breezes, if you do as I did, take a day on the fine open sea of Yarmouth, another in the quiet town of Lowestoft, and as many more as you have at command you can devote to the beauties of Cromer, and return with the salt sea foam still fresh on your lips.

A NORWICH VISITOR.

To the Editor of "The Nursing Record."

Sir,—Being a Monthly Nurse of some years standing, I have read with interest the articles on "Obstetric Nursing" which have appeared in your valuable publication, the *Nursing Record*. In the article of Thursday last, "Obstetrica" says that "the washing and changing of the patient should be eleven a.m. at the latest." Permit me to say that my experience has taught me that it is best to get all those duties over before eleven a.m., as most Doctors pay their visits somewhere about that time. What can be more disagreeable than the arrival of the Medical man when one is in the midst of these duties, which of course ought to be completed before he can attend to his patient? A Doctor's time is valuable, and any delay would probably make him impatient, while the hurry and flurry in putting things straight are injurious to the patient.—Yours obediently, NURSE EMILY, M.B.N.A.

WANTED, VOLUNTEERS.

To the Editor of "The Nursing Record."

Sir,—Quite recently, in the midst of the duties of a busy day, I somewhat unexpectedly lighted upon a group of intelligent looking Nurses, who were busily engaged in discussing the merits and demerits of the B.N.A. alternately.

"I do not see what good Registration will be to me," remarked one; "I will wait until it is fairly well afloat ere I join its ranks," ejaculated another.

Now in case there should be others still locked up in Doubting Castle, permit me to hasten to the rescue with the query, "My sisters, have you been misled by the uncharitable remarks of our contemporary?" If so, let me disabuse your minds at once from this common error.

This crusade is against ignorance, oppression and darkness. The only qualification asked of its eligible candidates is obedience. Promotion is certain; but the women who join for rewards and do not care for hard fighting will not be popular, and stand to lose their place in the ranks. For it is still written, "Them that honour Me I will honour, but they that despise Me shall be lightly esteemed."

My sisters, have you joined this Association? If not, do so at once, for the war is just, the enemies are many, the soldiers, comparatively speaking, few. "Whatsoever thy hand findeth to do, do it with all thy might and strength."—I am, Sir, yours faithfully, THEODORA.

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