

The present plan then, if we understand it aright, comprises the collection of a large sum of money, either by donations or annual subscriptions, to form a Fund which the Committee will administer in two ways for the benefit solely of Trained Nurses. Firstly, to establish and carry on a Convalescent Home and Holiday House at the sea-side. Secondly, to make grants to Nurses needing such assistance, so as to enable them in other ways, and at other places, to obtain change of air.

There is no necessity now-a-days to point out the innumerable benefits conferred by Convalescent Homes. Their utility is recognised by all, and the present year opened by the announcement of a princely gift, to be expended in providing such an Institution for the enjoyment of patients from the London Hospitals. It is known, however, that there still remains much to be done, even to meet the requirements of this class of convalescents. But the public has done nothing hitherto to help Nurses in this matter. One or two Institutions are enabled by private munificence to maintain a country cottage, to which they can send their Nurses when overtired, and very greatly are such benefits valued. A few others, thanks again to the benevolence of individuals, can in like manner send their employées to their own convalescent retreats, or to country houses, where they have the advantages of private rooms, and many comforts. But what are these amongst so many? For the great mass of the workers, no provision has hitherto been even attempted to be made. One Home specially set apart—we might even say specially built and furnished—for the use of Nurses is not much to ask for, considering the many now in existence for the patients for whom Nurses strive and work in our Hospitals and Infirmaries, and we are glad to see that such a place of rest is now within a measurable distance of becoming an accomplished fact.

In the first place, we take it, the Committee will seek to combine comfort and usefulness with economy, and on the latter ground there can be no doubt that a settled Home, with a limited establishment and working expenses, would give refreshment and rest to a given number of Nurses at a much smaller cost than would be the necessary outlay to procure the same advantages for the same number sent singly to as many different health resorts.

And the conditions under which Nurses work are in a great many ways peculiarly fitted to make such a fixed Home useful to them. To take only one example, for instance, that of a Private Nurse in charge of a prolonged and heavy case. Her patient dies, and her work is suddenly ended, but the strain has probably entirely unfitted her

to go immediately back to her Institution, and thence directly to another, and perhaps equally onerous, charge. Three or four days' rest would recuperate her powers, but her friends may live a hundred miles away, and most probably, even if close at hand, could not take her in without a few days' notice. At present, then, she has in most cases no alternative but to go on and on until she breaks down, or her annual holiday arrives, when perhaps she is too worn out to enjoy the rest. But if she could telegraph to a sea-side Home, to know if there was a vacant room, and if there was one, could go there at once for a small charge, at the end of a few days she would be enabled to resume her work with renovated vigour, and this greatly to the advantage, be it remembered, of her next patient, as well as of her own health.

We have long felt that in such a common case as the one which we have sketched, a sea-side Home would be of inestimable benefit, not only in cure, but in the prevention of illness amongst Nurses. Change of ideas and association are doubtless valuable; but not only is the question of expense most important, but women are naturally far more gregarious than men; and we imagine that eight or ten Nurses from different London or Provincial Hospitals or private Institutions congregated together in a bright and comfortable Home at a pleasant sea-side place, at a small cost to themselves, would manage to spend a very happy and healthful holiday, even if they did talk a little "shop" during the time. We hear from all sides how anxiously Nurses are hoping for such a Home, and we congratulate them on the prospect that it will speedily be successfully instituted.

The remaining part of the scheme, however, is equally wise and equally valuable, and we doubt not that by means of grants from this fund many Nurses will hereafter be enabled to get a rest from their labours, or enjoy a holiday trip, which are now entirely beyond their reach or their resources. The scheme is eminently qualified to meet the necessities of different classes, and we earnestly wish it all success.

THERE are two things which will make us happy in this world if we attend to them. The first is never to vex ourselves about what we cannot help, and the second never to vex ourselves about what we can help.

ALL physical well-being, all mental sanity, all moral advancement, and of course all happiness, depend upon the continual exertion of power; and this, in its turn, depends upon having an aim close at heart, an object for which it is deemed worthy to strive.

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