

times throughout the year. A whiff of fresh air daily, and a night's sleep, or, in the case of night duty, very greatly diminished hours, do not seem, from a Nurse's standpoint, exorbitant demands. It will be long, I fear, however, before they are universally conceded."

I HEAR that a meeting will be held—by the kind permission of the Duke of Devonshire—at Devonshire House, Piccadilly, on June 26, at 5.30 p.m., in aid of the scheme for establishing a Convalescent and Holiday Fund for Nurses. The influential Committee which has undertaken the matter, I see, comprises H.R.H. Princess Christian, the Duchess of Abercorn, Theresa Countess of Shrewsbury, Lady Edward Cavendish, Lady George Hamilton, Lady Audrey Buller, Mrs. Ernest Hart, Miss Stephen Holland, Mrs. Jeune, Mrs. Lucas, Miss Catherine J. Wood, Mr. Lankester, Mr. Salmond, and others. The Trustees are the Duke of Abercorn and Mr. Jeune, Q.C.; the Treasurer is Mr. Alderman Savory; and the Hon. Secretary Mrs. Bedford Fenwick. It is needless to wish the scheme success, because with such names as the foregoing that may be taken as already assured.

I AM glad to hear that Miss Adelaide Watson, Registered Nurse, has been appointed a Sister at Haslar Hospital, which of course most of my readers know is the chief Naval Hospital. Miss Watson was trained and certificated at the Radcliffe Infirmary, then worked for about two years at St. Mary's Hospital, and finally acted for some months as a Staff Nurse at Gordon House Nursing Home.

I LEARN that the following arrangements have been made for the Congress and Exhibition in connection with the Sanitary Institute at Brighton, which commences August 25. President, Sir Thomas Crawford, K.C.B., M.D.; Honorary Treasurer, the Mayor of Brighton; Honorary Secretary, Arthur Newsholme, M.D., D.P.H. President, Section I., Sanitary Science and Preventive Medicine, George Vivian Poore, M.D., F.R.C.P. President, Section II., Engineering and Architecture, Professor Roger Smith, F.R.I.B.A. President, Section III., Chemistry, Meteorology, and Geology, William Topley, F.R.S., F.G.S. Conference of Medical Officers of Health: President, Arthur Newsholme, M.D., D.P.H., M.O.H. Conference of Inspectors of Nuisances: President, Alfred Carpenter, M.D. London, M.R.C.P., C.S.S. Cambridge. On Tuesday there will be a *Conversazione* in the Pavilion building; Wednesday, Lecture to the Congress by W. H. Preece, F.R.S.; and on

Saturday there will be excursions and an address to the working classes by Benjamin Ward Richardson, M.D., LL.D., F.R.S. The meetings of the Congress and Exhibition will be held in the Pavilion buildings.

THE lectures in anatomy and physiology given by the Hon. Staff of the York County Hospital for the higher education and training of the Nurses in the York County Hospital have been brought to a close. The attendance has been regular, and the interest displayed throughout the course as something apart from the routine duties has been most satisfactory. In physiology there were two written examinations and fourteen papers sent in on each occasion. In the first examination, nine out of the fourteen obtained over fifty per cent. of the available marks, and of these nine, three obtained over seventy-five per cent. In the second examination, five were over fifty per cent., and of these five three were over seventy-five per cent. The first prize was gained by Nurse Florence Simpson, and the second by Nurse Annie Parnaby. During the summer the Nurses have a course of lectures on Nursing, and have clinical instruction in the Wards.

I HAVE much pleasure in drawing the attention of my readers to Captain Griffiths' much improved system of calisthenics, gymnastics and deportment for ladies and children. Having had many years' experience in the instruction of ladies and children, Captain Griffiths is enabled to adopt the most beneficial means of assisting to prevent and remove curvature of the spine, contraction of the chest, and weakness of the limbs. I ought also to mention particularly the portable folding gymnastic polymachinon, which is highly recommended by the most eminent of the Medical profession as a means of prevention and cure of deformity. Having personally inspected the Gymnasium, at Westminster Chambers, Victoria Street, S.W., and taking a considerable personal interest in such things, I have no hesitation whatever in recommending it.

I AM asked to state that the annual meeting of the "After-Care Association for Poor and Friendless Female Convalescents on Leaving Asylums for the Insane" will take place at 83, Lancaster Gate, W., on June 23rd, at three p.m., when the Earl of Meath will preside; and that cards of invitation can be obtained of the secretary, Mr. H. Thornhill Roxby, "Arden Lea," The Drive, Walthamstow, Essex. S. G.

A GUILTY weight upon the heart takes the sun out of the sky.

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