

will require more or less of real Nursing and quiet in a bracing atmosphere in order to regain some of their expended energy. To all such I would suggest, get away to the sea-side for a short time, out of the smoke and fog and everything else! Herne Bay is the ideal spot, and Sister Mary's Home for Nurses, 3, St. George's Place, in that town, just the very place to visit. I should advise every one to write in advance, however, for it would be decidedly unpleasant on arrival there to find marked up, as the theatres occasionally have it, "House Full."

A SERMON will be preached at the Chapel Royal, Whitehall, on Sunday next, February 9, at the eleven o'clock service, by the Rev. R. K. Arbuthnot, Vicar of St. James', Ratcliff, E., and at 3.30 p.m. by the Rev. G. T. Cull-Bennett, Vicar of St. John's, Commercial Road, E., on behalf of the East London Nursing Society. The Secretary will be happy to take charge of any contributions that may be sent to him (to add to either of the offertories) to 49, Philpot Street, Commercial Road, London, E.

I AM glad to hear that Mrs. Warren, who, in September last, completed her "two years" at Her Majesty's Hospital, Stepney, after which securing the post as Staff Nurse at Chelsea Infirmary, has just been appointed Night Superintendent there, which looks as though this lady took up Nursing work in rigid and grim earnest, if her rapid progress is to be any criterion.

I AM requested to mention that the conclusion of the first year's work of the Kemerton Branch of the Rural Nursing Association was marked by a meeting at which the Rector of the parish, the Rev. Jerome Mercier, presided, and Sir Richard Temple, Bart., M.P., gave an eloquent address on the subject of the nursing of the sick poor in villages. A report was read by the Hon. Secretary of the Branch, Mrs. Mercier. A fully trained Nurse and Midwife had been at work for a year. She ministered to the sick in the four villages which formed the Kemerton Branch of the Association, and her usefulness was shown by the large increase of the visits paid in the last month. Difficulties are fast disappearing, and the Committee considered the experiment had proved highly successful. The Nurse had been welcomed by the poor from the first.

ON Friday last the annual meeting of the subscribers and friends of the Birmingham and District Nursing Society took place, a large number being present. The Institution is under the superintendentship of Miss Waller, who was

appointed in August last. The report was in every way satisfactory, and the work well done.

I AM constrained to publish the whole of the following report of the Sub-Committee, appointed to inquire into the expenditure of the Carmarthenshire Infirmary, which has been forwarded to me, as it possesses many features worth noting, particularly by those people whom Nature seems to have specially, somehow or other, put into the world for the sole purpose of grumbling and making things generally uncomfortable all round.

"THE sub-committee appointed to inquire into the expenditure of the Infirmary beg to report that the average numbers of the inmates of the institution per week during the years 1887, 1888, and 1889 were 22.6, 24, and 32.2, and the average cost per head per week for the same years was 5s. 3d., 5s. 5d., and 5s. 8d. Whilst these figures give evident proof that the advantages and benefits of the institution are better known and appreciated now than they appear to have been formerly, they would seem to show also that sufficient care had not been exercised by the Matron in dealing economically with the food. But when it is considered that whilst the cost of bread in 1887 was 4d. the 4lb. loaf, of beef 7d. the lb., and of mutton 8.2d. per lb., the cost in 1889 was 4.4d., 9d., and 9d., matters bear a different complexion. Taking the quantity of animal food alone consumed weekly in the institution, and ignoring the increased cost of bread, we might have anticipated that the average cost per head per week in 1889 would have been nearly 9d. more than in 1887. The committee will observe that it is only 5d. more, so that these figures abundantly testify to the admirable management of the Matron.

"In order that some suggestions might be offered as to means for lessening the expenditure of the Institution (which appears to be too great for its income), your sub-committee inquired into the outlay on repairs, diet, coal, wages, drugs during the same three years, with the following results:—

	1887.	1888.	1889.
Repairs .....	22 .....	69 .....	169
Diet .....	318 .....	285 .....	399
Coal and Gas... ..	69 .....	64 .....	84
Wages .....	192 .....	185 .....	178
Drugs.....	38 .....	71 .....	57

It has been seen that, whilst the expenditure on repairs in 1887 was very small, in 1888 it was abnormally large; and in connection with this your sub-committee would suggest that it would be better and far more economical if a certain fixed sum were annually expended upon repairs

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