

could possibly attend the annual conference. It was therefore decided that any urgent amendment to the Constitution that may be proposed shall be voted on by absent members by correspondence.

Miss J. W. Thorpe presented a most interesting report, going back to the foundation of the Association at the meeting held in Lucknow in 1905 with nine members. Miss Thorpe reported an increasing interest in the Association both among members and non-members, but thought it should be still greater.

She said it was always an inspiration to her to read the reports of the American Society of Superintendents, and note how small their beginning was.

The officers of the Association elected for 1908 were as follows:—President, Miss Martin, Superintendent of Nursing, St. Catherine's Hospital, Cawnpore; Vice-President, Miss Tippetts, Superintendent Sister, Mayo Hospital, Lahore. Secretary and Treasurer, Miss J. W. Thorpe, late Superintendent of Nursing, Victoria Hospital, Delhi.

At the conclusion of the business an interesting paper was read by Miss A. R. Creighton, Superintendent of Nursing at the Victoria Hospital, Benares, on "Hospital Economy," after which the members had tea together, and separated with many injunctions and promises to make every effort to be present at the next conference, which is to be held in Bombay.

We congratulate the Association of Nursing Superintendents of India upon the progress they have made in organisation. It appears to us that with some expansion the Association might develop into the National Council of Nurses of India.

Practical Points.

What the
Sunshine
Does for Us.

Dr. W. G. Logan, as reported by the *Dietetic and Hygiene Gazette*, says:—

Do we ever think how much we owe to the bright, beautiful sunshine, what it means to us, and how dependent we are on it for life, health, cheerfulness, and happiness

Sunshine consists of a metallic shower which bathes us with elementary iron, sodium, magnesium, calcium, copper, zinc, nickel, and hydrogen, the whole surface of the sun being an unbroken ocean of fiery fluid matter, containing a flame atmosphere of vaporised metal and gases such as oxygen and hydrogen.

Nothing thrives without sunshine; plants, animals and man need it, and cannot live without it.

It is said that the nude races, like the Kaffirs of Borneo and others who absorb into their systems the unobstructed power of the sun's rays, possess marvellous health, strength, vitality and endurance and power of recuperation, with immunity from disease. With these races, who are so much more pure than the so-called civilised ones, all prurient feelings are unknown, the sun and air kindling the surface of their bodies into wonderful activity, and thus those internal congestions and inflammations which lead to so much animalism are done away with.

It is the sunshine that puts into the grain and vegetables and fruit the chemicals which nourish and sustain and build up our bodies; and the more we eat of those kinds of fruit which can be eaten in a raw or semi-cooked state the better it is for us, because then we get all the virtues that the sun's rays have invested them with intact, and not destroyed by the process of cooking.

Fruit should be allowed to remain ungathered until it has arrived at its full and perfect development—that is, till it is quite ripe—then eaten as soon as possible after being gathered; for from the moment it leaves the tree or plant the process of decay and loss of its vital particles begins and goes steadily on. The enjoyment also which we derive from eating fresh, sound, luscious fruit, with its delightful tinting and colouring, which we owe to the sunshine, makes it of great benefit to us.

Baths given to infants and young children of sun-heated water in those climates where the sun has great power are excellent; there is no better tonic and invigorator of the system.

We cannot over-estimate the benefits which we derive from the glorious rays of the sun, which give us light, warmth, cheerfulness of mind, buoyancy of spirit, and vigour of body.

Be on Your Guard.

Unfortunately we are all familiar with the insinuating shopman who tries to persuade us to purchase "something just as good," instead of the particular article we have asked for. This is known as "substitution," and the usual object is to extract a little extra profit out of the customer. Several flagrant cases of substitution have lately been reported, notably in connection with Hall's Wine, the marvellous restorative. Attempts have been made to foist imitations of this standard preparation upon the public, and in some cases they have been successful—much to the annoyance of the purchaser. The public cannot be too strongly warned against accepting anything but the genuine Hall's Wine, which they will be sure of getting if they will always look for the signature of the proprietors, Stephen Smith and Co., across the trade mark—a Red Keystone.

Appointments.

SISTERS.

Kent and Canterbury Hospital.—Miss C. M. Holden has been appointed Sister. She was trained at the Bootle Hospital and at St. Paul's Eye Hospital, Liverpool, and has held the position of Charge Nurse at the Royal Victoria Hospital, Bournemouth.

Royal United Hospital, Bath.—Miss Maud Smith has been appointed Sister of the Duncan Ward, in place of Sister Perry, who has resigned, to the regret of the Managing Board, after many years of most excellent service as sister of the ward.

Miss Eveline Bown has been appointed Night-Sister in the same institution.

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