

(2) Insufficient sleep, due to running the streets at night, unhealthy amusements, and indifference of parents.

(3) Lack of proper clothing, and wet feet.

(4) The unhygienic surroundings of the home, the stuffy kitchens, the airless bedrooms, the absence of sunlight, and all the other evil factors of our present housing conditions.

THE PREVENTION AND RELIEF OF FATIGUE.

Is fatigue an unmixed evil? Can we eliminate it from our educational system? Is there any royal road to learning? These questions still await an answer. It is our duty, however, to minimise fatigue in order to get the maximum of work, and to prevent fatigue becoming chronic and passing into the jaded state.

In the forefront of remedies stand cheerfulness and gaiety of the child, of the teacher, of the school, and its surroundings. The life and health of a child is laughter, and its cessation augurs some physical, mental, or moral wrong. Infantile gaiety acts as a stimulant, prevents and drives fatigue away. It sets free those little understood stores of nervous energy, which seem at times to confute all our theories of fatigue.

Remedies naturally evolve from the known causes, and may be summarised in the following didactic fashion:—

(1) *For the Teacher*: Cultivate pleasant and cordial relationship with the parents of the children. Ventilate your schoolroom, remembering that a vitiated atmosphere, charged with CO₂ and organic impurities, rapidly fatigues. Ventilate your time-tables with open-air intervals, lung and physical exercises. Lighten the burden of learning by well-arranged schemes and time-tables, with a due proportion of practical or manual methods of instruction, and a better classification of the members of a class.

(2) *For the Parent*: Speak well of the teacher to your child. Do not coddle, for spoiled children fatigue rapidly. Wholesome plain food, early to bed, and open windows during the night are golden remedies.

(3) *For the School Doctor*: Remedy all defects found on inspection, insist on suitable clothing, footwear, and feeding, and enforce personal and school cleanliness.

(4) *For Education Committees*: Arrange and extend the school holidays on the lines indicated above.

(5) Finally, united action is necessary to secure better housing and social conditions, whilst all efforts to educate the parent as well as the scholars on matters of hygiene must be redoubled.

The Registration Re-union and Pageant.

Next week we shall publish the Preliminary Programme of the Pageant and Masque on the Evolution of Trained Nursing, and hope by that time the members of the affiliated Societies of the National Council of Nurses and their friends will have secured their tickets, as only a limited number of seats are to be arranged in the Great Hall at the Connaught Rooms, to view the Pageant, as it is desirable that at the *Conversazione* to follow there shall be ample room to see the dresses of those who have so kindly, at great trouble, supported the Registration cause by taking part in the Pageant.

The Reception Committee will receive the guests in the corridor at the head of the double stairway, and the Band will play in the Gallery overlooking the Large Hall, at 8 p.m. The Connaught Rooms are one of the most modern and beautiful suites in London, and the Committee consider it very fortunate that they were able to secure them, as nearly every night all through the year they are taken for large Balls and Banquets.

The Procession of Immortals, led by Hygeia (Miss Irene Fergusson), whose splendid height of 5 ft. 11 ins. and purely Greek type personifies the Goddess to perfection, will enter the Hall at 8.30. She will, of course, wear white archaic Greek garments, a wreath of golden laurels on her golden hair, and carry the serpent and bowl. The Elements, Earth (Miss E. Eyles) will wear a symbolical gown of brown satin, draped with bright green and golden sequins, and garniture of bright spring violets; her headdress will be of gold, gold corn and violets, and amethyst jewels. Air (Miss Kathleen Wilson) will appear in a chiffon gown of soft misty tints, with silver stars in her hair. Fire (Miss Dorothy Gordon) a brilliant dress of fire coloured satin and tissue, a golden sun surmounting her splendid black hair; and Mrs. Beard will make a charming Water, with iridescent chiffon over silver, and ornaments of pearl.

We believe this Procession will be brilliant and beautiful. Already overtures have been made to the Committee to reproduce it at the Pageant in connection with the Festival of Empire at the Crystal Palace in the summer, but it will not be possible to produce the whole display in the perfection of detail which is being devoted to its production at the Connaught Rooms on the 18th February, so that all those who wish to see "The Evolution

[previous page](#)

[next page](#)