

# THE BRITISH JOURNAL OF NURSING

WITH WHICH IS INCORPORATED  
**THE NURSING RECORD**  
EDITED BY MRS BEDFORD FENWICK

No. 1,246

SATURDAY, FEBRUARY 17, 1912.

Vol. XLVIII.

## EDITORIAL.

### THE INSPIRATION OF INTERNATIONAL CONGRESSES.

For the majority of nurses life is for the most part a round of ever-recurring duties. Whether in hospital, in private nursing, or in the homes of the poor, work is all absorbing, and the longing comes at times for rest and refreshment, for mental as well as physical uplift.

The desire is both natural and legitimate, but mental refreshment seems often almost unattainable. When holidays set the nurse free for a short time it often happens that she avails herself of them to discharge other obligations, and though she may have change of scene and physical rest, the mental rest remains an unfulfilled dream.

To such members of the nursing profession the meetings of the International Council of Nurses afford the opportunity which they need. Those who have once attended one of these meetings know that they would not willingly miss their inspiration in the future. That is one of the reasons why there has been an increase of hundreds in the numbers attending each succeeding Congress held in connection with the meetings of the International Council. For, on each occasion, many who have never before been present—inspired by what they have heard and read—come from various countries to share in the privileges and pleasures of the gathering, while former members all make a great effort to be present to share its joys.

This year the happy opportunity again occurs, and the nurses of all nations will foregather at Cologne to participate in what promises to be one of the most delightful reunions yet held. But privilege

begets responsibility, and it behoves each National Council affiliated to the International Council of Nurses to do its utmost to contribute to its success. Consequently, the National Council of Great Britain and Ireland is meeting this week to consider Cologne Congress business, for August will now soon be here, and it is time for arrangements to be well in hand.

Those of us who have had the joy of attending former meetings are looking forward with longing to the time when once again we shall see leaders of the nursing profession from all over the world, hear speeches and papers full of the practical wisdom begotten of experience, take part in the interesting discussions which follow, and gather up for our own instruction the lessons of each day. In the less formal meetings connected with the Congress, and at the social gatherings, we shall once more renew the friendships which have made life brighter and fuller for us, and we shall without doubt make new acquaintances whose friendship will henceforth gladden us and help to encourage us in search of the ideal.

In our experience there is no time of greater refreshment to those nurses who live strenuous lives, and who in their battle for right are often brought into conflict with the forces of reaction—as is the case with those who are working for the better organisation of the nursing profession, and better conditions of life for its members—than an International Congress, where there meet together nurses of all nations, inspired by the same aspirations, hopes and ideals, where for a time the sound of controversy is stilled, and all co-operate to advance the welfare of the sick, and the good of the nursing profession. It is a time in which to gather strength, to arm oneself for the battle of life.

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