

Fliedner; one, the grand-child of Karoline. At six o'clock we said good-bye to all our kind friends, after a most memorable and delightful day; and got a peep from the electric car of the splendid modern German city of Dusseldorf—from whence we took train to Cologne.

E. G. F.

## IMPRESSIONS OF THE CONGRESS.

My impressions of the Congress? They have crowded thick and fast upon each other during this wonderful week, in which we have been so royally welcomed and entertained with such generous and genuine hospitality. In common with everyone present, I was much impressed with the singular charm and interest of the opening festivities, and especially with the solemn beauty of the music as it floated down to us from the upper galleries of the ancient Gürzenich. It was impressive indeed to see that great audience of hundreds of nurses gathered together from so many different and far distant countries and to note the steady intense interest with which they listened to the proceedings. I was struck with the high character of the papers and addresses, of the great value of the reports from different countries, and of course with the notable contribution made by Dr. Hecker.

Again and again was I reminded of the debt we all owe that remarkable group of women who, as leaders, have done so much educationally and professionally, for nursing, Mrs. Bedford Fenwick, Isabel Robb, Isla Stewart, Lavinia Dock, Agnes Karll and others. How clear their vision, how courageous and untiring their efforts!

I was deeply impressed with the number of fine, strong, resolute women among the German nurses, and with the evidences of progress which they are making. As one looked at these splendid women one felt that such reforms and advances as are needed could not possibly long be denied them.

Perhaps the strongest impression was that made in seeing our sisters from Japan in their places day after day, and in being able to turn to other sisters, perhaps from India on the one hand and from South Africa or New Zealand on the other, and in realising how surely the barriers of race, language, creed and custom are falling down before the welding power of our common work, our common purpose, our common faith. It is a good day for the health of the world when nurses gather together from the ends of the earth in such numbers and in such a spirit.

Our Congress is over, the doors have closed, the voices have ceased, but the spirit remains, our precious and permanent possession, and through it every one of us is made stronger for her task.

ADELAIDE NUTTING.

## OUR PRIZE COMPETITION.

### ENUMERATE THE PRINCIPAL PHYSICAL, MENTAL, AND MORAL QUALIFICATIONS REQUISITE IN A TRAINED NURSE.

We have pleasure in awarding the prize for the best paper on the above subject to Miss Ména M. G. Bielby, Hounslow, for her paper on the above subject.

#### PRIZE PAPER.

"Hitch your wagon to a star," said a wise man, and in the matter of the choice and supply of material for trained nursing it is advisable to do this, at the same time not losing sight of the inevitable limitations of the physical plane.

Perhaps there is no calling which demands such a combination of the attributes of perfect womanhood as does nursing. Oliver Wendell Holmes said that the making of a perfect child must begin a hundred years before its birth. The making of a really good nurse must certainly begin nine months before her birth; for though all the moral and mental qualifications may be present, these will be rendered quite useless for the greatest of all professions unless accompanied by a physique which will stand the strain and wear and tear inseparable from this arduous work.

Much, then, depends on the early life. A physical body that has been well built by a score of years of good and careful feeding, all muscles being developed by a sufficiency of judicious exercises, an abundance of fresh air, hygienic clothing, simple, regular habits, and a home atmosphere from which fear, worry, and disharmony were absent, is the best qualification.

A necessary physical gift is an abundant and beneficial magnetism, with its firm and gentle touch, which plays so important a part in healing. There should be that measure of soundness which literally radiates health and brightness. A nurse should always be pleasing to look upon, and without sound health she cannot be this. There is beauty of the most desirable sort in the sparkling eye, the clear skin, the natural colour, and the elastic movement of good health, secured by adequate grooming, bathing, careful dressing, and good physical habits generally. A musical speaking voice is important.

It frequently happens, when the mental and moral characteristics are all that is desirable, that the physique is delicately organized. In such cases much self-denial is demanded in order to keep the physical body fit for its work, and sleep must be secured in preference to pleasure.

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