

seeing, clear-sighted grasp of all the possibilities of a situation, and a habit of mind which secures the maximum advantage from every fraction of outlay, whether in energy or cash—which are usually interchangeable terms. True economy conduces to comfort, while false economy is the essence of discomfort.

We all know the bare, chilly, rigid atmosphere which fills the home of the woman whose economy is her god. But the rarer, true economy supplies a sense of warmth and comfort wherever it is encountered; in reality radiating from the guiding-soul of the household, which is able to expand in its consciousness of well-regulated, and therefore generous, supplying.

Amongst many stories of the expensiveness of trained nurses and their often unreasonable demands, one stands pre-eminent in my mind. A friend, who happened to be one of the most excellent nurses I have ever known, had just left a case. "Can you buy a nice pocket fruit-knife for eight-and-six?" she asked of me.

"Yes. Why?" I replied.

"Because mine was used for the patient, and got thrown into the fire with some orange-peel, so I have charged the people eight-and-six for it."

"Who threw the orange-peel into the fire?" I queried, prompted by my knowledge of the questioner.

"I did," was the reply!

M. M. G. B.

IRISH NURSES' ASSOCIATION.

The second of the lectures arranged for the Winter Session by the Irish Nurses' Association was given at 34, St. Stephen's Green, Dublin, on the evening of the 20th inst., by Dr. McVittie; subject, "The Health of the Child." Dr. McVittie, in the course of his lecture, drew attention to the extreme importance of the care of children's teeth, showing by slides and casts of contracted, as contrasted with normal, palates, how the former were the cause of adenoids and kindred troubles. Other slides were shown giving examples of various kinds of curvatures. The lecturer pointed out how in many cases this was caused by parents and teachers in schools allowing children to sit and stand in wrong positions. The importance of pure milk and the proper heat at which to sterilise it were among other points dealt with. A hearty vote of thanks to Dr. McVittie for his most highly instructive and deeply interesting lecture was proposed by Miss Studley and seconded by Miss Hogg.

NATIONAL COUNCIL OF NURSES OF GREAT BRITAIN AND IRELAND.

The annual meeting of the Council was held at the offices, 431, Oxford Street, London, W., on Saturday, 23rd inst., Mrs. Bedford Fenwick in the chair.

CORRESPONDENCE.

After the Minutes had been read by the Hon. Secretary, Miss B. Cutler, and confirmed, letters were read (1) from Miss L. L. Dock, the Hon. Secretary of the International Council, conveying an expression of thanks and warm appreciation from Sister Karl and the German nurses for the help and important part taken at the International Congress at Cologne by the National Council of Great Britain and Ireland. (2) From Miss Annie W. Goodrich, the President of the International Council, in response to a letter of congratulation upon her appointment, in which she wrote how deeply sensible she was of the honour and responsibility of the office, and ending, "We shall welcome the International Council to our country in 1915 with more pleasure than can well be expressed and with, I hope, evidences of professional progress that will in a measure compare with the progress of the last three years, which, it seems to me, has been the most impressive feature of the Cologne Congress." (3) From Miss Bergljot Larsson, President of the Norwegian National Association of Sick Nurses, stating that, inspired by all they saw and heard at Cologne, the Norwegian delegates went straightway home and formed their Trained Nurses' National Association. (4) From Miss L. L. Dock, saying she had been in conference with her colleagues in the United States, and, by correspondence, with those in California, and that a joint programme committee will be formed later to work out the entire programme for the gathering at San Francisco, which will include the President and Secretary of the International Council. The American Nurses' National Association will hold its annual meeting in conjunction with the International Congress. Three thousand nurses are expected to be present, and "there are large plans in the air." It is thought that June will be the best month for San Francisco. (5) Letters of acknowledgement of copies of the following resolution on the Overstrain of Nurses passed at Cologne were notified from the Local Government Boards, England, Scotland and Ireland, also from the Prime Minister, the Lord President of the Council, and the Home Secretary.

RESOLUTION.

"Whereas with the advance made by scientists in the study and comprehension of the human mechanism, and with the new knowledge regarding the nature and effects of fatigue upon the human organism, it is seen to be unscientific and wasteful to destroy human capacities by overstrain:

Resolved: That we earnestly beg hospital authorities to give the same consideration to the problem of overwork among nurses that industrial leaders are

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