

Nursing Record), will be held. Rules of the competition and the Santa Claus report will be sent to anyone forwarding two penny stamps to Miss Charles or Miss Janie F. Charles, Stormont, Hampstead Lane, Highgate. The dolls, &c., as will be remembered, are after the competition distributed among various Hospitals, and such things and other work suitable for children and adult patients will be most gratefully received. I hope that all my readers will do what they can for this most deserving and practical little Association. S. G.

"NURSING RECORD" BENEVOLENT FUND.

SPECIAL NOTICE.

WE want to assist, by the united efforts of the readers of the *Nursing Record*, Trained Nurses who may be in need of temporary or permanent aid, and for this purpose donations, whether small or large, will be thankfully received, as the Fund has already many demands made upon it.

HELP WANTED HERE ALSO.

Mrs. Sarah Duyck, aged 48, is a widow, and has broken her leg so badly, that she will probably be a cripple for the rest of her life, besides dislocating one shoulder some years ago, so that she is even unable to use her crutches for long at a time.

Mrs. Duyck wishes to obtain an annuity of £20 a year from the British Home for Incurables. To do this at least 1,000 votes must be procured from subscribers to the Institution. Lists of subscribers can be obtained by sending eight stamps to the offices, 73, Cheapside, E C.

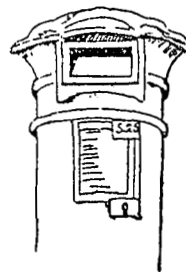
Will every reader of this journal please do what she or he can to obtain votes for this sad case—to assist, in however small a measure, to bear another's burden? Such help will be gratefully welcomed by the Editor, *Nursing Record*, St. Dunstan's House, Fetter Lane, London, E.C., and all subscriptions, &c., will be duly acknowledged.

Proxies will also be thankfully received by the Editor for the British Home for Incurables on behalf of a most deserving candidate for an annuity of £20 from the above Institution. Votes for other Charitable Societies will also be gladly received as they can be exchanged. Candidate's name, Ann Thompson; single; aged fifty-one; who has been suffering from spinal injury and paralysis for more than six years past. She is now quite unable to earn her living.

THERE is no house so small that it has not room for love; there is no castle so large that it cannot be filled with it.

TIRED IN THE MORNING.—It is a good thing to have a room well ventilated; but ventilation is not all that is to be desired. The tired feeling in the morning may be due to an overweight of bed-covering; it may be due to malarial poison or to over-exertion during the day. Try another sleeping-room, one story higher if possible. At this season it is well to be very moderate in the use of heavy food, particularly in the evening, and to eat a great deal of sound fruit. Hard, dry rubbing with a large Turkish towel just before going to bed has an excellent effect.

SPHERE OF SILENCE.—A contemporary, in speaking of the sphere of silence, says that there are things too low, and also things too high, to be made the subjects of common speech. The appetites and the inferior impulses of man need provision, but do not bear much discussion, while men in deep reverence do not talk to one another, but remain with hushed mind side by side. Language occupies the mid-region between the wants that ground us on the earth and the affections that lift us to the skies. But the loquacious man respects neither of these extremes. Nothing to him is too private or too sacred to be the theme of his ready tongue and his voluble speech. Let him who is conscious of this weakness muse on its many evils, and remember that "in the multitude of words there wanteth not sin, but he that refraineth his lips is wise."



LETTERS TO THE EDITOR.

(Notes, Queries &c.)

Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not in ANY WAY hold ourselves responsible for the opinions expressed by our correspondents.

We shall be happy to answer, as far as we can, all questions submitted to us.

Communications, &c., not noticed in our present number will receive attention when space permits.

RELIGIOUS SERFDOM IN THE NURSING PROFESSION.

To the Editor of "*The Nursing Record*."

Sir,—I am writing to ask you if it be possible for Matrons and Nurses who have the courage of their convictions to find employment in the nursing profession? True, during 1890 Nursing Institutions have been opened by our good friends representing the Catholic and the Dissenting bodies; but even these do not meet the need of independent natures. And, for the life of me, I cannot understand why the so-called non-sectarian nursing institutions should so often look askance at

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