

most important feature of the treatment. It is realised by few to what an extent the pores of the skin are impeded in their work of exuding waste matter. By taking Air Baths waste products are eliminated, health improves, and our powers of endurance increase. At Broadlands, where it is possible to step out of bed into the open air, the effect is a tonic, the delights of which must be experienced to be fully realised.

The Sun Bath needs no recommendation; we know that sunlight penetrates much deeper than the skin. It quickens the circulation, it increases the oxidation in the body, it enriches the blood, and promotes nutrition in every organ and tissue. At Broadlands two sorts of Sun Baths can be enjoyed—the *Natural*, which consists of exposing the body to sun in the enclosures; and the *Cuve* Sun Bath, which can best be compared to the Turkish bath—but without the enervating effect of the vitiated atmosphere of the latter.

Another valuable feature of the treatment is the Natural Water Bath, which is taken in the open air; its effect on the circulation and digestive troubles, and its efficacy in removing congestion, are now widely admitted. Rain water is used for this—and throughout the treatment.

A typical day at Broadlands is really full of charm. The sleeper awakes, say, at 6.30 a.m., and takes a deep breath of sweet morning air; and with a buoyancy which is almost impossible after a night spent in an ordinary bedroom, steps from his *Châlet* on to the cool, dew-laden grass, finishing the process of awakening in the sunlight. Until breakfast-time, at 8, he enjoys the Air Bath, the Natural Water Bath, and the Physical Culture Class. After breakfast he may take a bare-foot walk round the green, quiet lengths of the Broads. After breakfast there is croquet and tennis and instruction in Deep Breathing. Later the various treatments are carried out; at one o'clock, lunch; later, a siesta, more exercise, lemonade instead of afternoon tea; games, picnics, excursions; dinner at 7; and early to bed, before which the Air Bath should not be omitted. There is no need to fear that time will hang heavily at Broadlands. The general feeling in this respect has been expressed in a contribution to the Visitors' Book, which runs: "Broadlands' hours are minutes."

The terms are most moderate, and full particulars can be obtained from the Secretary, Broadlands, Medstead, Hants. We strongly advise those seeking tone and treatment to take the Nature Cure in England—and at Broadlands they will find a hospitable welcome and delightful companionship—or, if they prefer it, a charming sense of solitude.

The four Gresham Lectures which are open free to the public will be delivered by Dr. F. M. Sandwith at the City of London School, Victoria Embankment, on October 28th, 29th, 30th, and 31st. They are on Harvey, Darwin, and Huxley. A few letters and interesting relics will be shown.

WHAT IS THE PRESENT POSITION OF THE NURSE IN THE ESTIMATION OF THE GENERAL PUBLIC?*

"The saint has passed to his fellows,
And joined the martyr throng;
And those bereft, whom he has left,
Praise him—not for the victory won—
But for the work that he has done."

Ladies,—These few remarks of mine will not be in the nature of a dogmatic statement—the subject does not lend itself to a final decision, but it has a good many facets—and I merely desire to set the ball rolling.

I read newspapers—and when I have satisfied myself as to whether Ulster still stands where it did—while Ministers are playing golf—and where what particular Balkan nation is scrapping with its neighbour—I turn with the greatest interest to where the Great Heart of the Nation unburdens itself in the columns devoted to correspondents. It is there you learn what really *does* appeal to the polished intellect of the B.P.; what are its real joys and its real grievances—for it loves, above all else, to wail in public. And in one or two of the dailies lately I came upon a lengthy correspondence *re* nurses. Opinions differed—naturally—different people had met different nurses; but the final impression was not pleasant—nurses did not appear to fill that place in the public regard that an ex-Matron and sometime member of the profession would wish them to do. One gentleman even allowed his feelings to carry him so far as to inveigh against "she devils" in hospitals; that was an extremist view—but in the main one felt that nurses were regarded as necessary evils—oh! most necessary, but still to be viewed with distrust and suspicion.

Philosophers of all ages have preached indifference to the criticism of others—but as long as we are human beings working together with our fellow-creatures, their opinion of us will not leave us cold. It would be unnatural if it were so. The saying, "We are human and nothing that concerns humanity is indifferent to us," cuts both ways. If humanity's doings are of interest to us, the interest of humanity in our doings is a very powerful factor in our lives. The judgment of our fellows remains our final earthly tribunal; their praise is pleasant to us; their scorn distinctly hurts us—unless we are unusually stoical. Therefore, an openly-expressed adverse criticism on nurses is not pleasant reading. Perhaps the most curious proof of that feeling was given me by a lady I once met, who assured me that she hated and loathed hospital-trained nurses, but—she added—"I have once been nursed by amateurs—never again; next time I am ill (she enjoyed bad health), I shall certainly have hospital nurses

* Paper read by Miss Mollett before the Matrons' Council, October 3rd, 1913.

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