

EVENING MEETING.

The Evening Meeting was primarily a business one. Those interested in the League should procure from Miss Richardson, Sloane Gardens House, Lower Sloane Street, a copy of the Annual Report then adopted.

IRISH NURSES' ASSOCIATION.

An executive meeting of the Irish Nurses' Association was held on the 13th inst., Miss Ramsden presiding.

Martial Law necessitated having the meeting in the afternoon instead of the evening as usual; consequently there was a small attendance.

The College of Nursing Scheme was discussed, but no news had come to hand since the Committee last met.

After the election of some new members the meeting was adjourned.

A TRAVESTY OF JUSTICE.

Charged with wearing the uniform of a British Red Cross Nurse when not entitled to do so, Edith Ethel Noales, twenty-four, nursemaid, of 10, Ruthin Road, Greenwich, was remanded for inquiries to be made at Woolwich Police Court on Tuesday. It was stated that Noales said that she was not a nurse.

Had Noales masqueraded in the uniform of a nurse trained and certificated after four years' arduous work at any of our leading training schools, she would be free to do so. But to assume the uniform of an untrained woman, herself assuming a title to which she has no right, brings her within the clutches of the law. A travesty of justice, especially so far as the skilled worker is concerned.

WORRY AND INSANITY.

The second volume of the annual report of the London County Council for 1914—"Asylums and Mental Deficiency"—contains a report by Dr. Mott, pathologist to the Council, on the work accomplished in his laboratories during the year.

An important and interesting investigation was that into the incidence of mental deficiency among the offspring of the insane in the London County asylums. The families of 588 insane persons were investigated and according to reports received from the education authorities only 15 (2 or 3 per cent.) of these had mentally defective children. Only 56 out of 573 parents had children after their first attack of insanity, and 106 children were born after the onset of insanity in the parent, whereas the remaining 1,259 children were born before the parent became insane.

Dr. Armstrong Jones, the medical superintendent of Claybury Asylum and lecturer on mental diseases at St. Bartholomew's Hospital, emphasizes in the report the influence of domestic trouble, stress and anxiety on mental trouble. These factors justify the common belief "it's worry, not work, which kills." He has rarely, he states, seen insanity result from overwork alone—*i.e.*, apart from loss of sleep, fatigue, and ill-health.

THE CARE OF THE SCHOOL CHILD.

The Physical Development of the School Child was the subject of the second lecture of the course on the Care of the School Child, which is being given weekly at the London Day Training College, Southampton Row. The lecturer was Reginald E. Roper, Esq., M.A., Master of Physical Education, Bedales School, Petersfield. This branch of education, said the lecturer, could not be relegated to the gymnasium or to the playing of games. Nothing could excuse the system which so neglected it. It had come to be regarded as the Cinderella or slum child of school life, and often occupied no more than fifteen minutes out of the day.

It should have its proper system of theory and practice, and at the end of the term the child should be in consequence healthier and have a better carriage and complexion.

The essential condition of school life was lack of movement, and he estimated that about six hours daily or a quarter of school life was spent in the sitting position.

The lecturer showed diagrams illustrating the ill effects of this system, and its effects on breathing by the shortening of the chest space, and on digestion by the lengthening of the space allotted to it. Diagrams were shown which illustrated how the curved back acquired from this position could be corrected by simple exercises of bending the body backward.

The average school had a lower physical standard for girls than boys. This was an artificial prejudice and he advocated the co-educational system.

Among the children of the well-to-do about 25 per cent. needed individual treatment; this would of course be higher among the poorer classes. Children should be instructed in the needs of their growing bodies. Without self-knowledge self-control was impossible. With it they would learn to respect themselves and others.

In addition to nature study, chemistry and biology, the study of physiology and anatomy should find their place in school life. Sex instruction could naturally follow from ordinary anatomy. This taught in class would eliminate emotion and secrecy.

The ignorance about venereal disease was appalling, and the nation was unprepared to deal with it. No hard and fast lines could be drawn between mental and physical training. Many organisations had been started, both religious and social, to deal with physical development, but it could only be effectively dealt with by trained teachers. It was essential that teachers should know the structure of parts for the growth of which they were responsible.

Her Majesty the Queen will open the new South London Hospital for Women, South Side, Clapham Common, on July 4th. An earnest appeal is being made for financial support.

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