

Royal British Nurses' Association.

(Incorporated by



Royal Charter.)

THIS SUPPLEMENT BEING THE OFFICIAL ORGAN OF THE CORPORATION.

ON THOUGHT.

Many are the voices urging us to new constructive work; each one has his or her own theory to bring forward, claiming for it at least a trial. We must be moving on, and no doubt there is much which is good in all of their suggestions, but it is obvious that to give each one a trial would lead to more confusion. How, then, shall we proceed? Briefly, we must think. We must give careful attention to whatever project may be submitted for our consideration, and try to see whether it can be applied to the particular difficulty with which we have to deal. Now, how many of us really and truly understand what is meant by thinking—steady, helpful thinking; not those spasmodic rushes of ideas which lead us nowhere, but sober, reasoned thinking with a clearly defined object in view?

Thought should always be ahead of life, foreseeing things; at present we are much more apt to let thought lag behind, devoting itself to the study of dead organisms from which life has already passed away. Why linger with the corpses and memories, instead of moving forward with the life stream as it flows? We must realise that life unceasingly moves forward, and that only those whose thought moves forward also at an equal pace have power to blend harmoniously with the general stream. Those who do not so fit themselves for living must of necessity fall behind, becoming thereby obstructions which will in time be swept away out of existence. With our whole being we must move forward; we must move intelligently by means of thought to help us, remembering always that it is as adviser, reasonable and clear-headed, that thought comes to our aid. Thought alone does not constitute life, the motive of life lies chiefly in feeling which can persist without thought at all, but a life of feeling alone, vague and without thought, can only move onward to destruction. Let us repeat. Life is possible without thought, but such a life is blind and unintelligent, nevertheless *being* life it persists, but will eventually destroy. Thought can and must advise and direct feeling, so that life shall become inspired, intelligent, sane and constructive. Therefore, think! Think sanely, purely on great lines, having as the purport of

your thinking an architectural basis of sound construction, where the materials are living beings. But if you are unable to grasp so wide a vision, then grasp what you can. It lies in the power of everyone of us to think beyond his own horizon. Read history with the object of following how and by what *inner* causes nations rise and fall, compare the events occurring in our own time with those of past nations, and see in them foreshadowings of things to come. If you cannot grasp history in so wide a sense, then read the lives of men of thought and action, men of sound constructive ability, and by the example of their strength and weakness, follow in thought the future of men of our own time. And if even that be too difficult, then study the lives of those in your own circle, observe them with attention and reflect upon the probable causes which compel them to certain actions; try to foresee the future consequences of such actions, and so lay the foundation for constructive thinking which will grow wider and more comprehensive with regular practice. The greatest need of *this* age is to think, and yet again to think. Observe, and reflect upon what you observe; put aside personal likes and dislikes, try to understand a thing on its own merits, through its own laws, and not through any coloured glasses of your own. So will the life of feeling be enriched and made fruitful by the blending of sound thought, and of the material thus welded together your will, the Builder, shall have good store with which to carry on; for with our wills we ceaselessly build—there is no standing still in life.

M. C. GOOD.

MOVEMENTS OF MEMBERS.

Miss Alice Garstang has left England to undertake Child Welfare work in Serbia, and she will probably remain in that country for at least a year. She set out on receipt of a sudden and unexpected call through the International Child Welfare Fund, Bedford Row, which since the close of the war has worked for the preservation of the child life in that and other countries. Not a few of our British nurses have, in this connection, rendered unostentatious but magnificent and self-sacrificing service from which coming generations must yet reap a great reward.

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