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EDITORIAL.

THE HOLIDAYS.

Once again the majority of our readers are thinking, after a year's strenuous work, of the holidays they have so well earned, and, whether the amount they can afford to spend is large or small—and for most nurses the possibilities are limited by a modestly lined purse—they will be wise to make the very most of their opportunities.

The primary object of a holiday to nurses is recuperation for future work, and for this enjoyment is a necessary ingredient, and is found in diverse ways. For one person the gaiety of Blackpool, or Brighton, or Ostend, constitutes enjoyment. Another desires quiet and solitude, and finds refreshment in a remote seaside place, on the moors, or in the beauties of Scotland, Wales, or Lakeland. The majesty of mountains, and their loveliness of form and colour, the ever-varying charm of rivers and lakes, the restfulness to mind and body as the boat wends its way, revealing new beauty at each turn, as the colouring of sky and land is faithfully reflected in the clear water, are an unending delight. The pleasures of such a holiday are manifold. In the rush of work we look forward to the time when the everlasting hills shall once again enfold us in their peace, and the mere remembrance seems to sustain, comfort and strengthen us. Then there is the actual enjoyment amounting to exultation when once again our feet tread the familiar spots. We revel in the long days amid the glories of lake and mountain, and enjoy the good North Country fare, and hospitable welcome, at little wayside inns, the quiet journey home in the evening sunlight, the limpid air caressing,

yet bracing, us with its soft touch. They are golden days, and their memory stays with us when we return to the duties of life.

For those whose duties lie normally in the country, rest and recreation may mean a visit to some busy centre. London, with its manifold absorbing interests, is a lode star to many, and a holiday spent there passes all too quickly. Again, there are the Universities, which offer, in surroundings of great charm, courses of lectures in the vacation, so that minds may be informed, and become more alert, as the beauties of the great literature of this and other countries are explained. Those who elect to spend their holiday in this way will return to their work refreshed and stimulated, taking with them food for thought and probably, also, a supply of books, those best and dearest companions for the quiet hours in the country, when the day's work is done, and which admit us to the company, and give us an insight into the minds, of the great of the earth.

It is also an enjoyment and relaxation to most people to see things of interest to them in their own work, and many nurses during their holidays take pleasure in collecting information concerning it, visiting institutions, acquainting themselves with new movements, and by these means keeping themselves abreast of modern methods.

During the last six years the delight of foreign travel has been denied us, but now, for those who are not deterred by the preliminary trouble of obtaining passports, there is no change so complete, and probably no enjoyment so keen, as that obtained by visiting foreign countries.

However our readers elect to spend their holidays, we wish them happiness, refreshment and invigoration as the result.

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