

times." 'Tis true we Nurses have a duty to ourselves, which is often, admittedly, overlooked by our associates, but that duty to ourselves is *not* fulfilled along the lines of selfishness or self-interest.

Thinking of, and working for, others is the best individual tonic. All the petty jars and injustices of life, imagined and real, are crowded out.

Our bodies will look after themselves, given the reasonable and regular conditions of a well-ordered life.

Nature restores the balances in her own way, if we leave her to her own job; and our assets, at the close of the day, are calm, quiet restfulness, and conscious victory.

Self-denial is its own reward, and imposes no impossible conditions, *when life is lived from within outwards.*

If happiness hath not its seat
And centre in the breast,
We may be wise or rich or great,
But never can be blest.

From the practice of restfulness there accrues Self-control, Self-poise, and a supply of reserve for the proverbial rainy day. Order, Orderliness, Discipline, Regularity, Punctuality, Accuracy, are among the buttresses of our Watchtower, and our Hospital training, hard though it was, laid the foundations of these buttresses.

In this short paper we have not touched upon relaxation along hygienic lines, of which we know, and the value of which cannot be over-estimated. Rather have we tried to strike the deeper note, that attunes more with the Infinite.

In every crisis in life our attitude towards that crisis is mainly determined by our previous ordinary every-day life. If the house of Character is founded upon a rock, the shifting sands of present-day unrest will not disturb us, nor will any shock unhitch us.

Moreover the radiating vibrations created by our Thought Centres will help others in the little world which at present forms our circle.

"In Quietness and Confidence shall be your Strength."

A. E. M.

Kai Tiaki, the Journal of the Nurses of New Zealand, awaits the report of the General Nursing Councils as to the position of the smaller hospitals in a defined scheme of training, and advocates affiliation as the only solution.

NURSING ECHOES.

Nothing contributes to efficiency in the worker more than the possession of the right tools, and to social workers a knowledge of the localities in which they work is of great importance. Detailed information concerning small streets is not provided in the street lists ordinarily on sale, and the Central Council for District Nursing in London has done well to publish a Directory of District Nursing and Street Lists for London, of which the 1921 Supplement has now been issued. It contains the name of practically every street or place in the Administrative County, together with the locality, postal district, city, or borough, and Poor Law Union in which it is situated, and a reference number or letter, in bold type, shows, by means of the Index printed inside the back page of the cover, the name and address of the district nursing association, or parish nurse working in each street or place. Copies can be obtained from P. S. King & Son, Orchard House, Westminster, price 2s. 6d.; by post 2s. 9d.

Recently a group of Belgian nurses have been in London studying our hospital and nursing conditions. The hospital at Ghent which they are to be attached is not yet completed, so they are doing theoretical work in a training-school. The Belgian nurses are greatly impressed with our Nurses' Homes attached to the large hospitals they have visited, as their own are on a very simple scale, usually in connection with convents. The more personal intercourse between the nurses from other countries and ourselves, the better for us all. If our nurses knew more about the conditions of nurses in other lands they would realise how well off they are as a general rule.

Passers-by in Whitehall last week noted a little group of Belgian nurses, visiting London, laying their tribute of lovely flowers tied with the Belgian colours at the foot of the Cenotaph. They do not forget their country's indebtedness to the British Army. They also visited the Edith Cavell statue.

Amongst the many objects incorporated in the Constitution of the Poor Law Nurses' Guild, being organised in connection with the National Poor Law Officers' Association, are (g) to secure and maintain suitable and sufficient representation upon the General Nursing Council, and College, of nurses trained in and employed at Poor Law Institutions; and (h) for such other purposes as may be decided. Provided

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