

SLEEP REQUIREMENTS OF CHILDREN*

The School Medical Department of the London County Council has issued the following leaflet for the instruction of parents regarding the sleep requirements of children:—

(1) Medical authorities and others agree that school children need the following amount of sleep:—

Age in years.	Hours of sleep required.
4	12
5 to 7	11 to 12
8 to 11	10 to 11
12 to 14	9 to 10

(2) Children grow mainly while sleeping or resting. Do you want your children to grow up stunted?

(3) Tired children learn badly, make little progress at school, and often drift to the bottom of the class. Do you want your children to grow up stupid?

(4) When children go to bed late their sleep is often disturbed by dreams, and they do not get complete rest. Do you want your children to sleep badly and become nervous?

(5) Sufficient sleep draws a child onward and upward in school and home life. Insufficient sleep drags it backward and downward. Which way do you want your child to go?

(6) Tiresome children are often only tired children. Will you put the truth of this to the test?

(7) Time spent out of bed means more wear-and-tear of children's clothes and boots. Why not save such wear-and-tear?

(8) A tired mother might get a quiet hour or two if the children were in bed by 6.30 p.m. Why not take advantage of this?

(9) The fact that a neighbour's child is sent to bed too late is not a good reason for sending your child to bed too late. Two wrongs don't make a right, do they?

(10) Going to bed late has now become a bad habit, which may be difficult to cure. Will you persevere till you succeed in curing it?

SERIOUS ILLNESS OF MISS COX DAVIES.

Just as the Rules have been signed and the seal placed on a year's hard work, the General Nursing Council for England and Wales has to deplore the very serious illness of Miss R. Cox Davies, one of its most devoted members, who was taken suddenly ill a fortnight ago. Her many friends and colleagues will hope for better news of her condition from day to day.

NURSING ECHOES.

Miss Steuart Donaldson is shortly leaving the London Temperance Hospital as she has been unanimously appointed Matron of the Royal Infirmary, Glasgow. London's loss is Glasgow's gain, and the Royal Infirmary—Glasgow's largest Hospital—is to be congratulated on securing the services of such an energetic, capable and exceptionally efficient Matron. It is less than eighteen months since Miss Donaldson was appointed to her present post, but in this short time she has proved her sterling worth and has effected a remarkable improvement in the efficiency and tone of the nursing staff, and in addition has gained the regard and affection of the medical and the nursing staff.

It is an open secret that the views of certain members of the lay Board of the Temperance Hospital on hospital administration are somewhat out of date, and that they have not given that whole-hearted support either to the Medical Staff or to the Matron which is so necessary for the smooth and efficient running of a hospital. Nowadays no hospital can afford to lag behind either in matters of administration or of nursing efficiency, especially now that in future all nurses will have to pass a State Examination to secure admission to the Nurses' Register. Our best wishes will go with Miss Donaldson to Glasgow where at its fine Royal Infirmary of 800 beds she will have fuller scope not only for the exercise of her great organising ability but of her proved capacity for training nurses, at the same time inspiring them with that spirit of loyalty and devotion so essential to those whose care it is to tend the sick, and of the *esprit de corps* to their profession without which few nurses attain the highest ideals. Miss Steuart Donaldson on assuming office at the Royal Infirmary, Glasgow, will have no easy task in maintaining its high nursing traditions, moulded and perfected by two such forceful pioneers in nursing education as Mrs. Strong, the initiator of the preliminary training course for nurses, and Miss Janet Melrose, R.R.C., her pupil and successor.

Miss Steuart Donaldson has throughout her nursing career been a consistent supporter of the movement for the organisation of Nursing Education for the State, and of the State Registration of Nurses. She is a member of the Royal British Nurses' Association and was naturally gratified to receive the congratulations of Her Royal Highness Princess Christian, the President, upon her appointment to so

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