

Royal British Nurses' Association.

Incorporated by



Royal Charter.

THIS SUPPLEMENT BEING THE OFFICIAL ORGAN OF THE CORPORATION.

AFTER THE HOLIDAYS.

Most of our members have now returned from holidays and we hope that they feel refreshed and able to enjoy the winter's work—work that will often be strenuous, burdensome and monotonous and which cannot but prove hurtful both to mind and body unless something of the holiday spirit is preserved. We remember a number of years ago, sitting at a window in St. Andrews watching the golfers as they passed up from the links by the sea. All seemed to have caught the zest and stimulus inseparable from a game in that paradise of golfers, but our attention was specially attracted by a brisk old gentleman of some three score years and ten whose face simply shone with joy. What could have happened to him to inspire such pure unadulterated happiness? Verily it was a tonic only to look at him! Surely some tremendous stroke of good luck had befallen him, and as he passed our window he turned to his companion and spoke, and then we learnt the cause of all his bliss—"I am glad I won that last hole," he said. All this delight because he had won a hole! Maybe he had lost all the rest, but he won that last and to him it represented "the end of a perfect day" indeed. Thinking of this buoyant old victor at his last hole one could not but feel that, into all the affairs of life, he carried the same cheery optimism, and there is much in his philosophy that we well might imitate.

Life is very much an affair of expansion and contraction. In the holiday time most of us know how to let our minds expand into every new experience, into sport perhaps, into all the beauties of nature and its storm and its stress. But when it comes to work the mental attitude is too frequently one of contraction. We see only the difficulties and the trials and, instead of getting out into and then beyond them, we allow them to experience themselves in us, to live in us and we wrap our minds about them and foster them so that they grow and multiply, absorb all our faculties because the holiday feeling is tucked away and put out of sight at their approach.

Many members have been taking the greatest interest in the various movements in the direction of a deeper study of psychology, of the cultivation of greater power over the physical body through thought control. We have heard much of this

lately from a member, who has been making a deep study of the subject, and she has many interesting points to make on the possibility of so training the mind that abnormal physical conditions, worry and nervous weakness will become ills of the past. Now, when the holiday season is just over, now is the time to commence putting such theories into practice and to keep the mind in a state of expansion, refusing to allow it to become too much engrossed with the difficulties and problems of work alone. Egotism and concentration are good when properly used, but when egotism cannot get beyond one's own personality, when you cannot drive that egotism out into life without keeping it hitched up more or less to your own individuality it is only evil—evil at least in Goethe's sense when he speaks of it as "delayed good." A healthy egotism is that which can become an expansion of one's personality into the great movements going on in the world, into the things that matter to men and women; into all that concerns the animal and plant kingdoms, into the whole universe. It is a simple sort of psychology this, but it will prevent introspection and that contraction that makes work burdensome and helps to wear out both body and mind.

LECTURE.

"THE CITY GUILDS, PAST, PRESENT AND FUTURE."

On Saturday, October 7th, Major Rigg, O.B.E., is to give his lecture on the "Old City Guilds," and we hope that many of the nurses who are interested in the City of London and its history will be able to be present. We shall be delighted also to see any friends whom they may care to bring. The lecture will commence at 4.30 p.m., and tea will be served in the dining room at four o'clock. We look forward to a very interesting afternoon, for there is no greater authority on the history of the old City Companies than Major Rigg. We greatly enjoyed the two lectures which he has been kind enough to give on "Napoleon."

WEDDING.

Many members will be interested in the photograph of the wedding of Mr. Long to Miss Ethel Mary Budd. The latter has many friends in the Association, and has belonged to it almost from

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