

provides many pleasures unattainable by any other means; by its agency we are enabled to visit scenes equalling in beauty and romance any described in the "Arabian Nights." We can travel with lightning speed to the "Land of the Midnight Sun," one of the most romantic (and certainly one of the most expensive) of summer trips. Should we be of an exploring nature we can make a call at the undiscovered North Pole; from there we can rush off to the sunny south and spend a short season on sea-shore, be soothed by the gentle cadence of its silvery waves or awed by the grandeur of the ocean (whichever we like), or better still, we can live over again, for a brief period our long-past childhood. We are children, watched over by a tender mother's love!—parents, sisters, children, friends, all gone from us long ago. Their places are vacant, their remembrance only remaining with us; they have all passed before us into the bourne from whence no traveller has ever returned. The aged, the bright and beautiful, full of joyous life. Yet the long farewell has been said, in our despair, have they left us; yet at our call they return for a brief period. We see the tender smile; we hear the joyous laughter and the music of the sweet voice; we fill again those vacant chairs and people our desolate lives with the loved and lost; and all is bright. *But the awakening!* As the panorama moves on we find, unknown to us, our eyes are full of tears, and for a time we are raised from the petty cares of life and its stern realities, as we visit "those graves of memory where sleep the joys of other years."

As space is no object in these journeyings of the mind, and as "distance lends enchantment to the view," we will, for reasons which will soon appear, go straight to the *fountain-head*—which, by the way, is advice often given on any subject, and no doubt contains wisdom—and we will pay a short visit to

#### OUR FIRST PARENTS,

not that we need expect to obtain any history of Nursing from that source, for reasons too obvious to mention. It can do us no *harm*, and possibly a little *good*, to remain in Paradise for a period, and from a Medical point of view contemplate the advantages and disadvantages of the isolated position of our earliest progenitors. Though bereft of all congenial society, they were spared a great deal of anxiety. The numerous diseases that juvenile flesh is heir to in their case was a sealed book. No worries about hygienic or sanitary dress troubled their minds; no un-

pleasant searching and alarming questions from doctors relative to family history (for *two* very obvious reasons again) ever ruffled their serenity; the calmness of their minds was unbroken by even a ripple of regret for anything in the *past* (for another good reason); and it is disappointing to us, their far-off descendants, to know that, notwithstanding the enormous advantages we have over that period in the way of population and every other modern improvement, the thousands of diseases we can boast of—and remedies ready to cure them—it is rather humiliating to know that no one has ever yet discovered the secret of their long lives. Whilst we are tottering on the verge of the grave, laden with the burden of our three-score years and ten, *they* were just toddling into life, with centuries before them. Is it that we know too much? Are we "*treating*" ourselves to death? Our allotted span seems to shorten; *we* don't live so long as our less remote ancestors. We all like to prolong life; and we are fain to think of Methuseleh with feelings akin to envy.

Well, we must continue our journey; and as this mode of travelling permits of great speed, we will pass on, as we find we shall have to make a fresh start from

#### NOAH'S ARK.

From this period, I think, may be dated the first ideas of sanitary reform and general method, for whatever pictures or models remain of it, they generally appear to have had good ideas of *ventilation from the top!* There is always great compactness and order shown; and, indeed, we frequently meet with organisations, and people, too, whose general arrangements and appearance render their remote descent from that time easy of credence. We may also date from this epoch the gradual increase of the human species. So great has it been, that many consider there are now as far too many as there were too few in the times we have visited; and great attempts are now being made to found (or find) new worlds, and people them with the superfluity. Through ages and ages we hear of sickness, death, and mourning for the dead; but still no Nursing. In those times, perhaps, more was left to Nature, and so spared.

We will now continue our rapid flight, and arrive at what is called "ancient times," though, by comparison with where we have already been, they must be considered almost *modern*. In those days

#### THE SICK POOR

were tended by the recluses of convents and

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