

devotion to duty and irreproachable life. It goes without saying that, as regards training, the Norwegian Council of Trained Nurses was in past years obliged to have certain transitional regulations and the taking of supplementary training has been allowed. For admission as member there is now required three years' continuous training in a hospital, the transitional regulations having been abolished from 1922.

The training has been greatly influenced by the N.C.T.N. We act as a vigilant conscience for the schools, and bearing in mind the proverb "Continual dripping wears away stone," we have again and again repeated our demand: Three years' training in hospitals with sufficient teaching-material and systematically planned instruction, both theoretical and practical, during these three years. The schemes for three years' training which we have made out are of great assistance to the schools when improvements are to be made or new schools established. At suitable intervals resolutions passed at the general meetings of the association are sent to the schools, and every time these resolutions appear we may count upon having a discussion started in the daily press in favour of the three-years' school, because our opponents must always try to counteract the effects of our resolutions. Neither schools nor institutions have any great liking for our demands or for our control, and our influence is being contested more or less openly, but without success, as the following figures show: In 1912, of 14 schools, only two were three-years' schools; in 1920 there were 18 schools, of which eight were three-years' schools; in 1922 we have 23 schools, of which the 17 largest are three-years' schools. The others are very small and mainly aim at trying to train nurses for the country districts. These schools are also, to a large extent, kept alive by the harmful system adopted by some nursing societies in one or other of the country districts of paying for a young girl's training on the condition that she binds herself to work for the society and district for several years. The small schools are also the most expensive to maintain, and the Norwegian State sacrifices large sums in the form of annual grants. Even over these obstinate schools we have influence; they are now beginning to be more careful in the choice of material and it is our hope that, owing to the small attendance and thanks to the fact that the public are becoming more and more awake to the advantages of a well-developed and highly-trained nursing profession, they must either become three-years' schools or else die out.

(To be concluded.)

#### WORDS FOR THE WEEK.

"Guard well thy thoughts, for thoughts are heard in heaven."—*G. Herbert.*

"What is prayer? This is its simplest definition—the lifting up of the heart to God—with all that is in the heart, joys and sorrows, hopes and fears, sins and doubts and needs."—*Bp. A. C. Hall.*

## LEAGUE NEWS.

### THE LONDON TEMPERANCE HOSPITAL.

At the monthly meeting of the London Temperance Hospital Nurses' League, held in the Out-Patient Hall, on the evening of January 17th, an interesting lecture on the "Action of Alcohol," more especially in its relation to the sick, was given by Dr. Sanguinetti.

The visitors were welcomed in a brief speech by Miss Kathleen A. Smith, R.R.C., Matron of the Hospital, and President of the League, and Mrs. Pearson, who took the chair, spoke with the authority of a supporter of the hospital of twenty-five years' standing, and was a very charming and forceful advocate of its principles.

Dr. Sanguinetti said that some years ago the alcohol bill of hospitals was five times larger than the milk bill. Now the reverse was the case; the demonstration given by the London Temperance Hospital had much to do with that result.

While not denying that alcohol might have some value as a food, Dr. Sanguinetti contended that it was a poor and expensive food. It was most certainly not a stimulant, but a narcotic, and the short-lived sense of well-being which it imparted was followed by a depressing effect.

Major Rigg (chairman of the Hospital), spoke of the pleasure with which those present had listened to Dr. Sanguinetti's presentation of his case from the scientific standpoint, and suggested that in this jubilee year of the hospital, and as a result of this meeting, a total abstinence branch of the League might be started. He mentioned that the hospital, since its foundation, had treated some 45,000 in-patients, and in only 165 cases had alcohol been prescribed.

Miss Richardson, formerly Matron of the Hospital, said it was delightful to come back to the old place. She emphasised the social and moral influence of nurses in temperance matters, and expressed her thanks to Miss Smith for the opportunity given that evening to listen to Dr. Sanguinetti's address.

After Miss Smith had thanked the speakers, coffee was served at small tables, and delectable cakes handed round with a celerity which was a credit to all concerned.

M. B.

### THE QUEEN'S HOSPITAL NURSES' LEAGUE, BIRMINGHAM.

A meeting of this League was held on January 17th at the Queen's Hospital, when the eighth annual report and balance-sheet were presented. The Hon. Secretary reported that two general meetings had been held during the year. At one of these Mrs. Edmund P. Beale gave an interesting address on the League of Nations Union.

A Needlework Guild has been formed to provide garments for the use of in-patients at the Hospital; 89 members have promised to send one garment a year. We are glad to help our Alma Mater in this way.

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