

taneous. No need of ours is so large but His all-Ownership can meet it, nor so small that it is insignificant. In order that we may understand the infinitesimal nature of God's care, he reasons: "The very hairs of your head are all numbered." Away then with Fear! "There is a force generated by working consciously with God which we have to go without when we disregard Him." "We dig a gulf between the material and the spiritual which does not exist." Tradition has been built up and double-crossed by Fear. "A revolution in our point of view is needed, first towards God the Owner of the Earth and the fulness thereof, and next towards ourselves. If we are a part of His Self expression He cannot practise futilities through our experience and personality; He having helped me to go as far as I have gone will help me to finish my task before giving me another."

I specially like his chapter on "The Abundance of Life," because there he focuses all his arguments in a succession of constructive thoughts and principles. "The conquest of Fear is largely a question of vitality. Those who have most life are most fearless." And again, "There is a connection between strength of Spirit and strength of limb, the feeble frame is often the result of misapprehension and bred of race-fear." "I am come that they might have life and that they might have it more abundantly." Abundant life must be life healthy, active, and radiant. This vigour and triumph we ought to work into our point of view, so kneading it into our sub-consciousness, that it will be strong in proportion as our sub-conscious is strong; fearless as our sub-conscious is fearless. So that going from strength to strength becomes a matter of course to us. Whatever we ask of to-day or to-morrow I have the ability to perform it well.

The indwelling of the life principle we call God makes no distinction between man and man. It helps the man at the counter as well as him who governs the country. It rushes to the help of all. My success is its success whether I am painting a great masterpiece or sewing on a button. So I, the individual, try to confront each day with the knowledge that I am infused with a guiding animating principle which will not let me drop behind or lose my modest reward so long as I trust to the force which carries me along. By trusting I mean resting quietly without worrying, without being afraid that it will fail me. If I fret I choke up the flow of the life principle through my energies.

The writer concludes: "My small experience in the conquest of Fear can be condensed into these four words: Calmly resting; quiet trust. 'Be still and know that I am God.' The further we advance, the more we perceive of power, the more we are freed from fear. The more we are freed from fear the more exultantly we feel our abundance of life." These are but a few quotations.

I commend the perusal from cover to cover of this wonderful book which this altogether inadequate synopsis introduces to my readers.

A. E. M.

ISABEL MACDONALD,
Secretary to the Corporation.

INTERNATIONAL COURSE OF TRAINING FOR PUBLIC HEALTH NURSES.

The Presentation of Certificates to students completing the International Course of Training for Public Health Nurses of the Class 1922-1923, in connection with the League of Red Cross Societies, took place at Bedford College for Women, University of London, on July 5th. The Chair was taken by Sir Claude Hill (Director-General of the League of Red Cross Societies), and supporting him on the platform were Miss Margaret J. Tuke (Principal of Bedford College); the Spanish Ambassador; the Siamese Ambassador; Sir Hildred Carlile, Bart., C.B.E.; Sir Edward Stewart; Miss Katherine Olmsted (Chief, Division of Nursing, League of Red Cross Societies); Miss Elizabeth Fox (Director, Bureau Public Health Nursing American Red Cross).

In opening the proceedings, Sir Claude Hill explained the niche that the Public Health Course fills in the activities of the Red Cross in time of peace, as one of three things upon which the International Red Cross decided to concentrate.

One great difficulty confronted it. Outside the Anglo-Saxon countries nursing had not begun to attain the weight or respect it has attained in Great Britain and Ireland and in the United States of America. Even bed-side nursing stood on a less revered footing. In the great majority of countries of the world, nursing was on a different footing altogether. They would see why this course, which owed so much to Bedford College and Miss Tuke, was a vital thing.

The difficulty was that, in so many countries, there was no standard of nursing on to which to graft Public Health Nursing. In the United States of America the standard of Public Health Nursing was ahead of that in this country. At the League Headquarters, in Paris, therefore, they had endeavoured to formulate a scheme to give the best possible training to selected individuals.

It was really quite impossible to over-estimate the opportunity of England to help forward this training, with the assistance of Bedford College. The influence of the Course was not restricted to Public Health, but was almost political in its scope. He could assure the pupils that they had an immense opportunity of teaching public health nursing to their compatriots, and England's opportunity lay in the fact that we are a little ahead of other European countries. He desired to convey in a special manner to Bedford College the thanks of the International Red Cross Organisation. He did not believe Miss Tuke knew how much bigger the work was than that which offered from day to day. He hoped the ideals of the Public Health Course might become something larger, and that it might be a centre for expansion throughout the world, the nucleus of the expansion of the great light of Public Health Nursing to dispel the ignorance which accounts for 85 per cent. of the illnesses from which the people suffer.

[previous page](#)

[next page](#)