

Royal British Nurses' Association.

Incorporated by



Royal Charter.

THIS SUPPLEMENT BEING THE OFFICIAL ORGAN OF THE CORPORATION.

MEETING OF THE GENERAL COUNCIL.

At the Quarterly Meeting of the Council the following were elected Hon. Officers:—*Vice-Chairmen*, Sir James Crichton-Browne, Miss Helen L. Pearse, Dr. Percival White. *Hon. Treasurer*, Dr. Kenneth Stewart. *Hon. Secretaries*, Mr. Herbert Paterson and Miss Alice Cattell. It was with much regret that we received the resignations of Miss Heather-Bigg, R.R.C., and Mrs. Campbell Thomson, O.B.E.; both resignations were tendered for family reasons. Miss Heather-Bigg is well known as one of the few Matrons of large hospitals who championed the Registration Cause throughout its 30 years' struggle, and Mrs. Campbell Thomson has been our Hon. Secretary for about 11 years, years that have been characterised by much kindness to the Association at her hands, and much generosity as well. We are glad that both ladies still intend to take an interest in the Association, and we offer to them the sincere thanks and good wishes of the R.B.N.A. Members. The following were elected to fill vacancies on the Executive Committee, subject to their consenting to act:—Mr. Openshaw, F.R.C.S., Dr. Belfrage, Dr. Domville, Miss Elma Smith, Miss Marshall, Miss A. Little, Miss Reeves, Miss Gertrude Payne, Mrs. Earp, Mrs. Brameld, Miss C. C. du Sautoy, Miss E. Collins.

SOUTH AFRICAN DAY AT WEMBLEY.

The various Conferences and Receptions held in connection with Women's Week at Wembley have proved a great success. We had the privilege of being invited to be present on South Africa Day, when the guests were presented to H.R.H. the Princess Arthur of Connaught and H.H. the Princess Marie Louise. The South African Trained Nurses' Association was fittingly represented by its Overseas President, Miss Child, and we spent a most delightful time looking round the exhibits in the pavilion and enjoying the delicious tea and cakes provided for the visitors.

THE NEW Y.M.C.A. HUT AT WEMBLEY.

We had the pleasure of being present on Thursday, when Her Highness the Princess Helena Victoria opened the new Y.M.C.A. Hut at Wembley. Sir Henry McMahon presided, and referred with appreciation to the work of Her Highness and her Committee, which had been so successful in getting this Hut established so close to the principal entrance at Wembley.

The Hut is exceedingly bright, comfortably furnished, and, if one may judge from the quality of the fare purveyed on the opening day, we should say that it will prove exceedingly popular among the Exhibition employees whose wants it is intended to meet.

THE HOLIDAYS.

Very many of our Members are either enjoying their holidays or looking forward with pleasure to the prospect of being released from work. We hope that all of them will have a very happy time, and come back with fresh supplies of enthusiasm and plenty of energy to make their work a pleasure until the holiday season returns once again. More and more the nurses appear to realise the possibilities of a holiday in London or on the Continent; perhaps it is characteristic of the age that a quiet time in the hills or by the seaside should be passing out of fashion; anyhow, we must acknowledge that visitors from the country teach us to appreciate our London by their enthusiasm in sampling all its variety. And not the least interesting aspect of the matter is it to note how the different visitors to our great city find fascination in very varied objects. Some have a faculty for picking out queer little crannies, old houses and little landmarks laden with memories of the splendours of the time of the great Elizabeth, of the tragedy and turmoil of the Stuart reigns, or they choose to explore the haunts of many a great man who has left an indelible mark on English literature, politics or warfare. One can gain a wonderful knowledge of London by listening to the experiences of those who come up, perhaps but for once in a lifetime, to make the Club their headquarters for a week or a fortnight, as the case may be. St. Paul's Cathedral or Petticoat Lane on a Sunday morning, Hampton Court, a bus ride out to the East End, the Exhibition, Dr. Johnson's old house, or Carlyle's, the monuments in Westminster Abbey, Peter Pan in Kensington Gardens, the shops, museums, galleries, bookstalls, and the wonderful parks, all of them have something to offer, and every day some new remark serves to open our eyes to the wonders of our heritage.

It must be splendid, too, to go back with the storehouse of memories which so many seem to have the faculty for cramming into such a short interval of time, so that they absorb more of our wonderful London in a few days than many of us do in a lifetime. Such a holiday is, indeed, wisely chosen by those who are compelled to follow more or less a general routine of work throughout the year; it must lift them into new worlds, and stimulate an interest in life and its affairs that will bring an eternal spring of refreshment when the mind is threatened by the monotony and sameness of the daily tasks. Perhaps, after all, a busy holiday of this kind is the best in these days of hurry and effort to keep abreast of the times; so important it is to be able to maintain a certain rhythm and balance, and it takes a good effort of will, and considerable adjustment to circumstances, to sustain the break in life's rhythm involved by suddenly shutting off habits of concentrated thought and constant activity, such as are demanded of the world's workers at the present time. Be that as it may, the brain

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