

and nervous system must undoubtedly benefit through being allowed to take in new life from things that interest of themselves, instead of giving out all the time under the pressure of necessity. It may be some sub-conscious need of this kind, just as much as curiosity or a longing for fresh sights and pastures new, that influences so many people to go abroad for a holiday, but we still find a few who need no external circumstances to help them to drive from their minds the worries and cares that beset them, and who just quietly escape to some hillside, or get within reach of the sea, there to let nature do her work and send them back rested and refreshed by her beauty, and the stillness and quiet of long summer days.

Perhaps some of us take the holidays too much as a matter of course; but while, in the after months, we let the mind dwell on their treasure, a little foresight, a little of the joys of anticipation might be ours as well, when we plan out the next year's wanderings, get acquainted at a distance with all we are to see, and collect information that will equip us with the faculty to get a fuller advantage from the precious weeks to be snatched from our toll of work throughout the year. Be that as it may, all may be thankful that in each year there comes an oasis on the long journey of life to send us on our way strengthened and refreshed until, in another year, we shall stop again to draw new springs of strength in the holiday time. Whether it be from the roaring, rushing, smoke-begrimed streets of the city, from the unfamiliar scenes of a far-away land, or in the quiet of a familiar countryside, where only the flowers, the winds, the sunshine, and the blue of the sky are enough to sweep away cobwebs of worry that hang in the crannies of the mind, and obscure the brightness and vividness of the gift of life, we hope that all our Nurses will come back feeling the stimulus of the holidays like the breath of a new life indeed.

MISS CATTELL "AT HOME" AT 194, QUEEN'S GATE.

A large number of friends congregated at Queen's Gate on July 1st, on the occasion of Miss Cattell's delightful "At Home." Medical men, other friends outside the Nursing Profession, and, of course, many nurses were present. We were pleased to see that all the ladies from the Settlement Home were among the guests; as some of these would have been unable to come by bus or tube, Miss Cattell very kindly sent a motor to bring them to their great delight, as they would have been very disappointed had they not been able to be present. The drawing-room was beautifully decorated with lovely roses, blue delphiniums and large masses of "Mrs. Simpkins." This will be the last of our social gatherings before the holidays, but already arrangements for the autumn programme are well on their way, and we look forward to many happy gatherings then and during the winter. We heard wishes expressed that Miss Cattell would be "At Home" more frequently, as "We always meet such interesting people at her 'At Homes.'"

VISITORS AT THE CLUB.

We are particularly pleased that, of late, we have had so many visitors from different parts of His Majesty's Dominions. Indeed, there is scarcely any one of these which has not, or will not soon be, represented at our dinner table during this summer; there has been much comparing of notes on the progress and conditions of nursing work in the various countries, while the Dominion Members appeared to thoroughly enjoy joining in the "family life" of the lively crowd who frequent 194, Queen's Gate. During July we had two nurses from Scandinavia; their visit was a great pleasure, as was that of their fellow-country women who were in residence here last summer.

Mrs. Strong, the *doyenne* of Scottish nursing, was also staying at the Club in July, enjoying a characteristically energetic holiday, and, indeed, her activities outstripped those of our younger members; she was invariably the centre of a group in the drawing-room at night. "I just want to take her in my arms and love her," was the remark of one young nurse at the luncheon table the other day.

CONCERT.

Miss Winifred Carnegie (aged 11) proposes to give a Concert in aid of the Trained Nurses' Annuity Fund on Monday, August 4th, at 8 p.m. The prices of the tickets are as follows:—Stalls, 3d., Dress Circle 2d., and Pit 1d. Many of us remember with pleasure the delightful Concert given by this famous treble last July, and which realised the sum of £1 for the Settlement Home; we look forward to an equally enjoyable and amusing evening again. When Mrs. Carnegie (who is a District Nurse in Fochabers, a town far away in the Scottish Highlands) arrived with her little daughter this year, one of the first questions put to the latter was whether she was going to give a Concert again. With true Scotch caution, she enquired "What will it be in aid of?" and after some discussion she selected the Trained Nurses' Annuity Fund. The programme is not yet forthcoming, but we hear that there will be "a medley of Scottish Songs." Well, we hope that many Members will turn up, not only with a view to spending a pleasant and enjoyable evening, but also for appreciation and encouragement of a child's desire to help those who are ailing and old.

MEMBERSHIP SUBSCRIPTIONS.

Members are reminded that there are still many subscriptions owing both to the Association and the Club. We hope that these will be forwarded, as the time and cost of sending out reminders can ill be spared at our busy headquarters. Few people realise how expensive organisation must of necessity be, and many times the sacrifice and generosity of the few simply goes to make up for the negligence of the many.

LIBRARY

All Nurses who have books from the library are requested to return them to the office at once.

DONATIONS.

Settlement Fund.—Miss M. Ware, £1; Miss E. Robb Scott, 15s.; Miss Brown, 10s.; Miss Lisle, 10s.; Misses M. E. Atkinson, H. A. Coombes, M. Tait, Mrs. Collett, and Mrs. Edith Lane, 5s.; Miss C. Hoare, 4s.; Miss C. Clarke, 2s. 6d.; Miss R. Mason, 1s.

The Helena Benevolent Fund.—Miss Cox-Sinclair, £1; Mrs. Boast, 15s.; Anon, 10s.; Misses E. Clifford, H. A. Coombes, E. P. Todd, and Wise, 5s.; Miss Terry, 3s.; Misses A. A. Bousfield, C. Clarke, M. Clarkson Heap, M. Cormack, S. Fidler, F. Heap, K. Whatling, and Mrs. E. Lane, 2s. 6d.; Misses M. T. D. Colville and Thorburn, 2s. Miss E. P. Webb, 1s. 6d.; Misses E. J. C. Forsyth, M. A. B. Groom, A. Jackson, L. Jackson, R. Mason, M. Smith, M. A. Treble, H. N. Williams, L. M. Wilson, N. Winter and Mrs Lefever, 1s.

The General Purposes Fund.—Miss I. Grace Stuart, £1 1s.; Miss A. Jordan, £1; Mrs. C. Barker, 15s.; Misses Siddons and A. M. Tisdall, 10s.; Miss A. B. Trew, 9s. 6d.; Sister A. Bird, 2s. 6d.; Misses D'Arcy and C. Ford, 1s.

Club Fund.—Miss Kernick, 10s. 6d.; Mrs. Brameld, 10s.; Miss Beard, 2s.

Gifts to the Club.—Miss Margaret Wright, flowers and fruit; Anon, books; Mrs. Bedford Fenwick, books, pictures and vases; Mrs. Campbell Thomson, pictures and vases; Countess of Pembroke, Mrs. Martin, Mrs. Brameld, Miss Hill, Miss Jackson, and Miss Rice, flowers.

ISABEL MACDONALD,
Secretary to the Corporation.

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