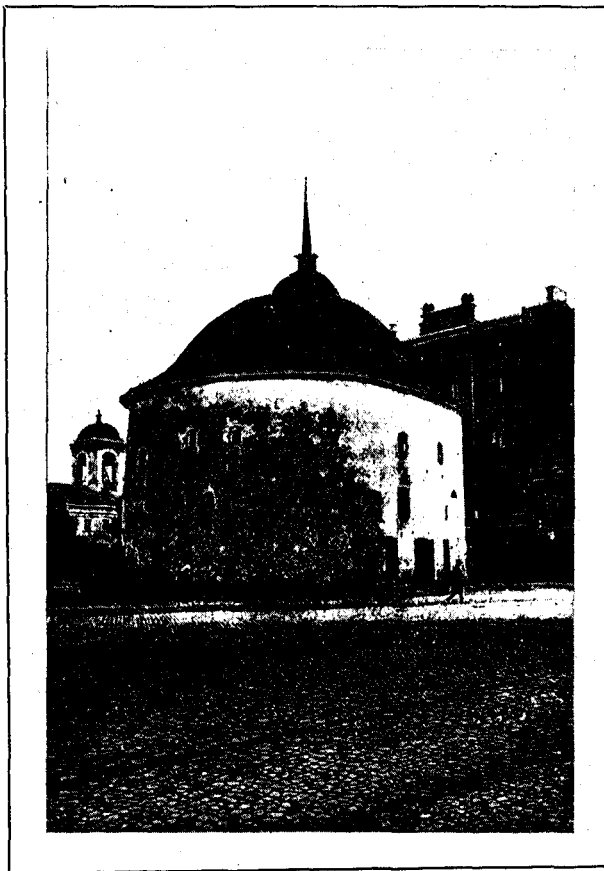


gloomy canyons seldom touched by the rays of the sun. The Nord Fjord, according to Baedeker, is the finest combination of vast expanse of water with mighty mountains and glaciers. The Geiranger Fjord, only a quarter of a mile wide, has waterfalls everywhere tumbling down from heights of 2,000 feet or more. The Romsdals Fjord is surrounded by weird, snow-capped peaks, such as the Witches Pinnacles and Romsdalshorn, the Matterhorn of Norway. Lyngen Fjord in Northern Norway is one of the most superb colour vistas imaginable with its blue glaciers descending into purple shadowed gorges, mirrored in water clear as glass underneath the golden hue of the Midnight Sun. Finally, to watch from the North Cape, the "edge of the world," the phenomenon of the Midnight Sun and to see "Without one interval of darkness, the Past transfer itself into the Present and Yesterday become To-day," is an unparalleled experience.

Denmark, Land of Progress.

Although unlike the other countries, Denmark has with its pastoral beauty, its shady groves and smiling lakes, a charm all its own, and not the least attraction is that it is unspoiled by tourists. He who wishes to take a rest from a hard year's work or a strenuous sight-seeing trip can do no better than spend a week or two in the country of Andersen's Fairy Tales, inland or at the shore. Of Denmark's three million inhabitants, almost one quarter live in Copenhagen, the capital. Copenhagen is the oldest and largest city in Scandinavia and also an important centre of learning, art and literature. The city has an interesting old section with narrow, crooked lanes and curious old buildings, whilst its central part consists of richly adorned buildings.



THE ROUND TOWER—VIBORG.

THE NATIONAL COUNCIL OF TRAINED NURSES.

Mrs. Bedford Fenwick, President of the National Council of Trained Nurses of Great Britain and Ireland, will be glad to hear from any members of Societies affiliated to the National Council who are thinking of attending the Congress convened by the International Council of Nurses at Helsingfors for July 20th to 25th next, as some may like to make up a party and travel together. Also members of any affiliated society will be entitled to wear the Badges of the N.C. of G. B. and I., which will be obtainable later from the Hon. Secretary, 431, Oxford Street, London, W.1.

Donations towards the Fund for the Official Delegates of the Council, of whom there are four, will be very welcome, as we cannot expect our official delegates to pay all their own expenses.

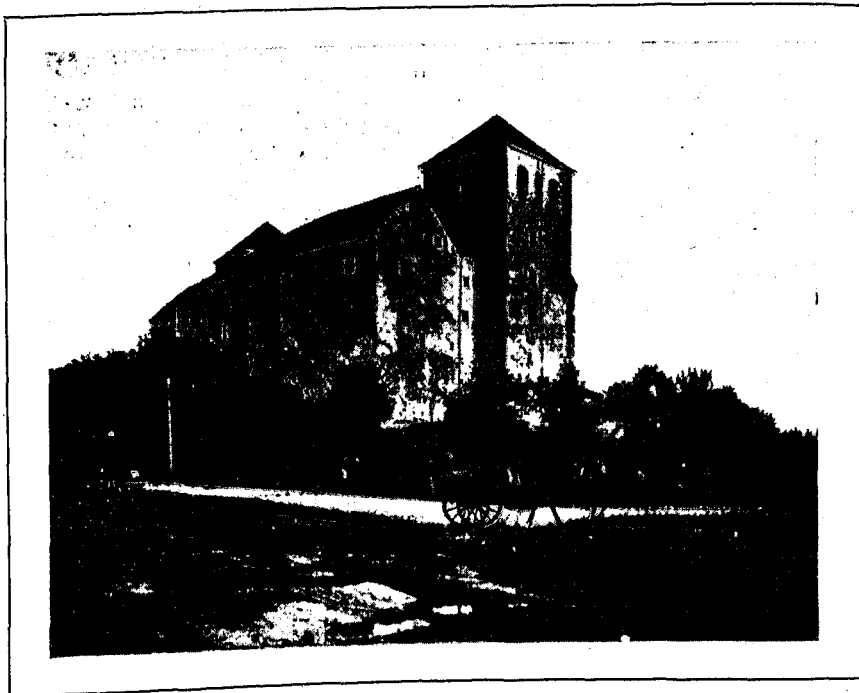
THE MATRONS' COUNCIL OF GREAT BRITAIN AND IRELAND.

Members of the Matrons' Council are reminded that the next meeting of the Council will be held at the Club of the Royal British Nurses' Association, 194, Queen's Gate, on Wednesday, March 11th, at 3 p.m. The President, Miss Kathleen A. Smith, will be in the chair, and a welcome will await Miss A. E. Hulme after her absence from town.

REGISTERED NURSES' PARLIAMENTARY COUNCIL.

A meeting of the Registered Nurses' Parliamentary Council will be held at 431, Oxford Street, on Thursday, March 12th, when important business will be considered.

Members who have not already paid their subscriptions of one shilling, are reminded that they are now due, and that the Hon. Treasurer, 431, Oxford Street, will be pleased to receive them.



ABO CASTLE.

[previous page](#)

[next page](#)