

is quite impossible. Common expressions such as "being paralysed by rage," and "so mad I could not speak," convey well the idea. This type of reaction is not so common in children, yet it does exist. Frequently the emotion is pent up and repressed from day to day until it reaches the breaking point. Then suddenly and without apparent reason or perhaps for some trivial cause the explosion takes place, and it is quite beyond those with whom the child comes in daily contact to understand how this hitherto quiet, reserved youngster could suddenly have produced such an outburst.

Many of these periodic and apparently unexplainable outbursts might be avoided if the parents would stop now and then and "take account of stock." Look into the child's general condition. Are there any evidences of nervous fatigue, such as twitching or jerking of the larger muscles or blinking of the eyes? Is he eating and sleeping well, and is his elimination good? What about school and playmates? Is he getting on well? Does he mix well with other children, or do they tease him; and if so, why? Does he play with older or younger children? Is he inclined to be a bully? Does he take his part in games? What are his duties outside of school? Is he being tutored to make a higher grade or to keep him in his class? Does he have too much to do—music and dancing lessons, which keep him from having sufficient outdoor exercise?

Find out what he is thinking about. What are his problems, hopes and disappointments? If he seems unhappy find the cause of his discontent. He may be jealous or troubled by some ill-defined fear or worried by the problem of sex. He may feel inferior to others. Help him to see things clearly and in their true light. Appreciate the fact that the obligations of parenthood mean something more than to see that the child has enough to eat and wear and does not steal or lie, or set fires. The big task is to see that the boy or girl is happy and that he or she is learning how to meet the problems of everyday life successfully.

USE OF THE HANDKERCHIEF.

The following item in the report of Dr. W. Stott, M.O.H., to the Lowestoft Education Committee might be followed by parents generally, not only by school teachers:—"From time to time I have pointed out to you the unduly large numbers of children suffering from enlarged tonsils and adenoids. This is due to continual septic absorption from the mouth and nasal passages. The infection in the nasal passages is kept up owing to the fact that large numbers of children do not know the use of a handkerchief, and even when they possess one are unable to use it satisfactorily. This not only leads to the continual blocking up of the nose which, therefore, becomes the seat of constant infection, but also leads to mouth breathing, which is very harmful to the child's throat and lungs, and is the cause in later years of chronic bronchitis and chest complaints. I therefore strongly recommend the committee to ask head teachers of all infants' schools and departments to give ten minutes or a quarter of an hour each morning to instruction in nose drill and breathing exercises. I understand that such is carried out in some of our infant departments, but I should like a reminder to go to every school to impress upon the teachers the importance of this lesson for the benefit of the health of the children." The committee approved of the suggestion and directed that a copy of the report should be sent to all head teachers in infant schools, and permission was given to obtain a supply of paper handkerchiefs for necessitous cases.

NURSING ECHOES.

The Editorial in the May issue of the B. J. N. announcing the formation of the British College of Nurses, on the lines of the ancient existing Royal Colleges of Physicians and Surgeons composed of Fellows and Members, who will be women nurses only, has called forth an unprecedented number of letters, mostly addressed to the Editor in her personal capacity expressing enthusiastic approval of the scheme. In these letters we seem to hear the joyous gasp of surprise and delight at the announcement of the anonymous endowment of an Institution to be formed of, and governed by the Registered Nurses themselves. Freedom at last! No more personal patronage by the unduly wealthy, no more dictation by dominating members of other professions, and no more betrayal of fundamental professional principles by timorous members of our own. What one and all appear to value most is the opportunity provided by the magic £100,000 to secure liberty of conscience, and free expression and action for the Profession of Nursing, concerning their own lives, freedom from the servile conditions in which members often find themselves, and under which restraint it is almost impossible to exercise the inspiration and fine mental gifts with which many nurses are endowed. This subjection has resulted in untold loss not only to the nurses, but to the community. "We want room to breathe—room to grow, and this can never be," writes one, "so long as so many busy-bodies can design our cage and carry the key."

So many of our correspondents use the word "Joy," evidently the glad news has produced not only thankfulness, but happiness, and we all know "joy" is by no means a common sensation. Just now and then some great event uplifts us towards starry heights, and many appear thus entranced by the great Gift announced in our last issue. One wise woman writes, "100,000 golden sovereigns—a gleaming pile! Do not let us forget the hundred thousand sense of professional and human responsibility it signifies. Let us determine that each coin shall produce an equivalent in duty." We warmly approve that suggestion.

Another writes: "One thing which delights me is that the Gift for the British College of Nurses is, as it should be, a British benefaction. Grateful as we may be to foreigners for subsidizing our Nursing Schools, not a penny of foreign money should be accepted for our British College. Let it be inspired by the splendid spirit and qualities of independence which have carried our Flag around the world."

"League Member" voices many nurses' loyalty:—"Fellows and Members of our Nurses' College will now be able to keep more in touch with their training schools, and do much to popularise and support them."

The Committee of Management of the Nurses Co-operation, 22, Langham St., London, W., in their Report for the year 1925, recently issued, give a very satisfactory account of the year's work. Although the nurses on the staff only number 401 (instead of as in the past over 500) the cases during the year are increased by 215, and the fees earned are £2,595 in advance of last year's figures. The Lady Superintendent has also received

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