

ment—a holy day, one in which the mind makes its escape from the trammels of everyday existence, from the affairs of business and the daily round of the year's work; for even if the word has departed somewhat from its original meaning at least it does, or should, involve release from the ordinary round of worries and concentration on the problems that ordinarily absorb the mind. Yet this does not necessarily involve inactivity, if it did the result would, ultimately, be anything but a holiday; "a complete rest" is just the very worst kind of holiday for people whose responsibilities are numerous and whose work is strenuous, for it involves so tremendous a break in the rhythm and habits of life, and, apart from this, the mind is forced back into a field where, in busy, active lives, it is unaccustomed to function—into the self.

A real holiday is, as a rule, a very different thing from "a complete rest," it should be the means of throwing wider the gates of life, of opening up other paths of exploration than those along which we find our daily round and common task.

It should be something, this holiday, whereby the mind can escape from the personality altogether, so that it goes out to meet new experiences, to spread itself into nature and her beauty, to make fresh discoveries there and to store up memories of fresh scenes. Or again the holiday gates may swing open in order to give to the mind a glimpse into the habits and customs, the art and the history of other lands, and then it is as though we had climbed to some mountain top, from which we survey, not so much the panorama of space, but rather it is as though time were spread out before us. And so our minds are broadened and lose the pin point of the personal, while all the little incidents and affairs that so often go to make up a whole heap of worries, drop into their true perspective when viewed in the very small corner which they really have in the great web of world evolution and history. So in holiday time our thoughts roam out into the activities and achievements of the ages, into the wide spaces of nature; and we retain of each such holiday-time a sort of essence of memory, which, working perhaps mostly in the sub-conscious, is bound to be a source of refreshment and stimulus for the rest of the year.

CLUB FIXTURES.

We shall shortly be arranging for the autumn fixtures, and we shall be delighted if nurses will send us suggestions for these. Already several members have intimated that they wish to be "At Home" to their fellow members of the Association on various dates. Miss Cutler proposes to have "An American Tea" in aid of the Memorial Fund. Miss A. E. Jones is arranging a Concert, and Miss Cattell a Dramatic Entertainment for the same cause. The Secretary hopes early in the autumn to give a Lantern Lecture on her visit to Rome for the Tuberculosis Congress.

SETTLEMENT HOME.

As indicated on page 1, there are two very nice little rooms now available at our Settlement Home. These are at the top of the house and, although small, they are very pretty and have plenty of light. Some members have already made inquiry regarding them, and have intimated their wishes to have rooms at the Home shortly, but we again draw attention in our Official Organ to the fact that the rooms are vacant so that all nurses, who would like to apply for the vacancy in the Home, may have full opportunity to have their applications considered with others.

The two rooms go together as they are smaller than the others, they have two large cupboards (one for hanging clothes), the floors are covered with linoleum and in one of the rooms there is a coal fire and oven, but, if desired, special arrangements can be made for the installation of a gas-fire. The cost of the rooms is two shillings weekly, covering rent, lighting, and medical attendance.

NOTICE TO MEMBERS.

We would draw the attention of Members to the fact that all communications connected in any way with the business of the office should be directed to "The Secretary, 194, Queen's Gate, S.W.7." We have referred to this before, but recently communications have reached the offices directed to one or other of the members of the clerical staff. Even although such communications deal with what some Members seem to regard as the more trivial matters of office business, such as changes of address, redirection of parcels or the forwarding of laundry, an immense amount of inconvenience may result from not addressing their communications in the manner directed as, especially in holiday time, the letters may be re-directed to the individual to whom they are addressed, thus causing very considerable delay in attending to the business with which the communication deals. If addressed "The Secretary" the letters are opened by whoever is responsible for the correspondence during the holidays.

APPOINTMENT.

Miss Margaret Cunningham has been appointed Superintendent of the Society of Chartered Nurses, and she comes to her new appointment with very excellent experience, for she was for a number of years Assistant Superintendent of the Scottish Association of Trained Nurses in Edinburgh, and also she has had experience in Private Nursing. She was trained at the Western Infirmary, Glasgow, and did war work in Malta and in France, after which she continued for two years at Millbank Hospital.

Miss Cunningham is already proving very popular among the members of the Society of Chartered Nurses, and we hear that she is finding her new work very interesting; her experience in Edinburgh makes her particularly well qualified for such a position, and we offer her every good wish on her new appointment.

ENGAGEMENT.

The engagement is announced of Miss M. Hudson to H. M. Trott, Esq. The wedding will take place at an early date, and Miss Hudson's future home will be in Harrow. For some time she has been engaged in Private Nursing Practice. We offer to her the best wishes of her colleagues at the R.B.N.A. Club, among whom she has been very popular.

DONATIONS.

GENERAL PURPOSES FUND.—Miss J. C. Cowie, 4s.; Mrs. Haine, Miss G. Lord, 2s. 6d.; Mrs. Bates, Mrs. Ta Bois, Miss A. Duncan, 2s.; Miss Dorrell, 1s. 6d.; Mrs. Rowden, Misses Bassett, McDougall, Miller, Pettigrew, Siddons, Thorburn, 1s.

HOUSE BEAUTIFUL FUND.—Misses Dorrell, Hulme, £1 1s.; Mrs. Lambert, £1; Misses Bratton, Mary Howard, Rimmer, Tait, 10s.; Miss Gray, 7s.; Mrs. Collett, Misses A. S. Bryson, Holford, E. A. Jones, Carson Rae, Pelham Williams, 5s.; Miss Siddons, 4s.; Misses Cheetham, Finn, Machin, Miles Walker, Winterbourne, 2s. 6d.; Miss Downing, 2s. 3d.; Misses Appleton, Wood, 2s.

HELENA BENEVOLENT FUND.—Miss M. T. Little and her Nurses, £5 5s.; Miss B. Cutler, £1; Miss A. M. Mizen, 15s.; Miss G. Lord, 10s.; Miss A. M. Parsons, 6s.; Mrs. Collett, Mrs. Strong, Misses Clifford, Orwin, Siddons, 5s.; Mrs. Lambert, 4s. 6d.; Miss Machin, 3s.; Misses Appleton, Cheetham, Makepeace, K. Smith, Stephenson, Veitch, Winterbourne, 2s. 6d.; Misses Bayley, Dunstan, 2s.; Miss Winmill, 1s. 6d.; Mrs. Bates, Mrs. Simpson, Mrs. Worsall, Misses Barfield, Burgess, A. de Sousa, E. de Sousa, Evans, Hore, McDougall, Maclagan, Morris, Pritchard, Spring, Todd, Ward, Probert Williams, Wilson, Winter, 1s.

ISABEL MACDONALD,
Secretary to the Corporation.

[previous page](#)

[next page](#)