

and inverted book; above them are the doctors of the Church and above the latter are the flames of purgatory and angels rising. In the South Church aisle are remarkable frescoes of the Crucifixion and St. Andrew;

The Crypt is large and beautiful with rare fragments of ancient glass in some of its windows and also there are some articles left behind by Cromwell's soldiers. The Cathedral is famous for its collection of beautiful old iron work.

It had been planned that we should visit many places of interest in Rochester and especially the Dickensian landmarks there. But in the end we were content with a glance at the tablet to the memory of Charles Dickens in the South Transept of the Nave and we recalled references in certain of his works which have connections with the Cathedral. The Ramblers never set out with any very fixed intention to keep to the plan drawn out for the day, and the stroll through the Cathedral suddenly changed all our programme. A suggestion to run on and take another hurried look at Canterbury Cathedral was greeted with acclamation and we all mounted our chariot at once. We felt the whim of the moment to be an inspiration when we saw that jewel of English churches set so beautifully against the blue of a summer sky. Half an hour was allocated to Canterbury, for the evening hours were upon us, but the charabanc had to be held up for many recreants who had lost the sense of time as they wandered about the Cathedral. However we learn, when on these adventures, to treat one another with toleration or, at the worst, good natured banter serves the case.

A GENEROUS GIFT.

The General Fund of the Corporation has again received a generous gift of \$100 of 5 per cent War Stock from Mrs. Temple, M.R.B.N.A., from the Trust of the late Mr. John Temple. Needless to say we deeply appreciate this kindness, and it is particularly helpful this year for the General Fund has been somewhat handicapped by the effort made at the close of last year to pay off the last instalment of the loan taken from the Bank when we purchased 194, Queen's Gate. In all, when we calculate gifts to the Helena Benevolent and Settlement Funds, Mrs. Temple has given to the Association £700 from this particular Trust. Apart from this she has shown to the Association manifold kindnesses, sometimes in the form of other generous donations, but often by just as generous hospitality, particularly at festive seasons.

Comparatively few married nurses continue to take much interest in their profession but Mrs. Temple really loves it and looks back upon the days she spent in it as almost the happiest in her life. She is still a nurse in spirit, and perhaps something of that spirit enters into the care with which she protects all the beautiful and rare old furniture, pictures and china which her house contains; after all, there is not such a wide difference, in spirit, between looking after human bodies and caring for and preserving lovely creations that are our heritage from ages far more artistic than our own. Art is an expression of the divine and so works that flow from art have, of necessity, a kind of being all their own to some natures.

THE FOUR TEMPERAMENTS.

Miss Macdonald's lecture on the Four Temperaments which was given before the British College of Nurses a few months ago, has now been published in pamphlet form and can be obtained for the sum of one shilling from the Office of the Association, 194, Queen's Gate, S.W.7. The profits made on the sale of the pamphlet are to benefit the Helena Benevolent Fund, which proves such a useful one to our members at times when they are overtaken by sickness.

THE HELENA BENEVOLENT FUND.

CHRISTMAS BOX FUND.

We recently received from a member a communication stating that she felt that we might, with advantage, draw attention more frequently to the functions of the Helena Benevolent Fund as a means of developing a scheme whereby the members of the Association can mutually help one another. She appeared to feel, and with some truth, that this useful little Fund gets forgotten often, in our efforts to give publicity to the Trained Nurses' Annuity Fund. Also we find that people are not clear as to the functions of the two funds, or on the facts that the one is quite distinct from the other. The Helena Benevolent Fund has from time to time granted small annuities, but its main function is to come to the rescue in cases of serious or prolonged illness. The function of the Trained Nurses' Annuity Fund is to grant fixed Annuities to Nurses with limited means, who, owing to age or ill-health, are incapacitated and can therefore no longer continue to practise their profession.

At this season, when the ordinary activities of the Association are at a standstill, more or less, it may serve to help the Helena Benevolent Fund if we give a little space in its interests and ask our members to join in an effort for strengthening its possibilities for good. The winter will soon be upon us, and it inevitably brings with it many appeals for help from this Fund. Also, of late years, it has been the practice of the Executive Committee to send out cheques at Christmas time to a considerable number of our poorer colleagues. Thereby we have been able to feel assured that they have something of the joy that they have learnt, in the past, to associate with that season, and that it will still continue to be a period upon which they can look back as one bringing to them friendship and gifts and a comfort which it is not theirs to experience at other times. In former years we have received the most grateful acknowledgments from nurses of the kindness extended to them by their fellow-members of the Association in this way.

Now every year the list of those to whom we send our Christmas cheques grows longer, and we shall be so glad if as many members as possible, when making their schemes for Christmas, will include among them some little remembrance for "The Helena." Let us start, from now until December, and establish a Christmas Box Fund for it. This can be promoted in many ways, and one of the simplest is to send it a Christmas card in the form of eight postage stamps. Coming from many members such a Christmas card would add very greatly to those gifts which we look forward to sending out as usual. And there are many ways whereby nurses find ways and means to help forward a good cause. Not long ago a member sent us quite a nice amount as a result of selling home-made toffee; while the nurses at the Fulham Hospital are most generous in sending us a gift at certain stated intervals, the result, we understand, of a collection they make on the dates when salaries fall due. If any little group of members care to organise an entertainment at any time in support of the Benevolent Fund, the rooms at Headquarters are always readily placed at their disposal and the administrative staff are only too glad to render all assistance possible. Anyhow, we hope that the nurses will bear in mind this idea of the Helena Benevolent Fund's Christmas Box and help it forward when they can. It is to be noted that the Fund has no expenses in the matter of salaries or office rent to bear, so that almost all the money subscribed can be used directly for Benevolent purposes. Practically, printing and postage are its only items of expense.

194, QUEEN'S GATE,
LONDON, S.W.7.

ISABEL MACDONALD,
Secretary to the Corporation.

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