

**Some Nervous "Terrors."**

"Nervous terrors" they are called in childhood, may grow up into chronic and ever-present horrors—a few of which are the following:—

- Horror of being scolded.
- Horror of being alone.
- Horror of the dark.
- Horror of the light.

All these have their origin in a hypersensitive nervous system, which has been accentuated by unsympathetic caretakers in youth.

1. The over-scolded child with its nervous shrinking from unjust criticism ultimately becomes the silent and misunderstood woman, hiding light that with proper growth should have illuminated the path around; so rich is the hidden store of sympathy; hesitating from sheer self-consciousness, while rather less gifted and

**NURSING ECHOES.**

In delightful weather and in the presence of a large and distinguished company, the Princess Royal on Saturday, September 17th, formally opened the new Harrogate and District General Hospital, built at a cost of £112,000 and regarded as one of the most up-to-date institutions in the country. In responding to a vote of thanks on behalf of Her Royal Highness, Lord Harewood referred to the interest the Princess took in the town and said that for many generations those who had lived at Harewood had always held kind feelings towards Harrogate and tried to do what they could to promote its prosperity. As a souvenir of the occasion Her Royal Highness was presented by the architects with an antique silver and ivory toddy ladle of the Georgian period, and to commemorate the event she afterwards planted a silver birch tree in the grounds.

Her Royal Highness laid the foundation stone of the Hospital six years ago, and she was informed of the progress made in all directions, and that every possible improvement that could be embodied in order to secure efficiency in up-to-date, scientific devices, had been adopted.

The Princess made a complete inspection of the new hospital, including the Nurses' Home, which accommodates 49 beds and includes instructional rooms, reading and writing rooms, and a lounge. There is also a hard tennis court provided for their



**THE PRINCESS ROYAL,**  
Miss Lingwood, Matron, and Nurses, Harrogate and District General Hospital.

matured minds raise their voice, so yet another Christopher Columbus is lost to the world! . . .

If given way to, such a nervous mind can spoil a whole life, for this is a critical age; it is better to face this fact, and in facing it nerve strength is gained. To *expect* to be scolded tempers the scolding, *i.e.*, if taken as part of life, nerves cease to vibrate and the "horror" becomes nil.

G. E. C.

**THE ROYAL BRITISH NURSES ASSOCIATION SUPPLEMENT.**

Owing to the enforced absence in Scotland of Miss Isabel Macdonald, in consequence of the lamented death of her mother, the Supplement of the Royal British Nurses' Association will not appear in this issue. It is hoped to find space for an extended report of the Association's activities in November.

use, from a fund specially raised for the purpose.

Together with the President, Captain C. S. Greenwood, Mr. Herbert Franklin, the Chairman, and others, the Matron, Miss Lingwood, received the Princess, and she, together with members of the Nursing Staff, are seen on the patients' balcony on this page.

The Prince of Wales, when inaugurating the British Trades and Industrial Art Exhibition at Copenhagen last month, said: "The best means of learning and understanding the psychology and habits of a people is by personal contact."

This is a policy that is well recognised by the nurses of the world, and through the I.C.N. many avail themselves of the privilege of travel.

Our trans-Atlantic friends set us an excellent example,

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