

LECTURES ON DIET.

Dr. Richard Ackerley, whose lectures last year were so much appreciated, will give a further series on "Diet and Personal Hygiene," at 29, Gordon Square, W.C.1, on Wednesdays, February 10, 17, and 24, at 5 p.m. Fee for the course, 2s. 6d., single admission, 1s. Members of the Food Education Society free. Tickets on application.

WORD FOR THE MONTH.

Remembrance for the Past,
Good Wishes for the Present,
Bright Hopes for the Future.

COMING EVENTS.

January 23rd.—British College of Nurses. Monthly Meeting of Council, 39, Portland Place, London, W., 2.15 p.m.

January 26th.—British College of Nurses. Annual Meeting Tutorial Group. Reception and Tea, by invitation of the Hon. Secretary 5 p.m. Meeting, 6 p.m. 39, Portland Place, London, W.

January 29th.—General Nursing Council for England and Wales. Monthly Meeting. 20, Portland Place, London, W. 2.30 p.m.

A QUAIN OLD 18th CENTURY PRAYER.

(Of English origin, but its author is unknown).

Give me a good digestion, Lord, and also something to digest,
Give me a healthy body, Lord, with sense enough to keep it at its best.
Give me a healthy mind, good Lord, to keep the good and pure in sight;
Which, seeing sin, is not afraid, but finds a way to set it right.
Give me a mind that is not bound, and does not whimper, whine or sigh.
Don't let me worry overmuch about the puny thing called I.
Give me a sense of humour, Lord, give me the grace to see a joke;
To get some happiness from life, and pass it on to other folk.

LETTERS TO THE EDITOR.

Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not in ANY WAY hold ourselves responsible for the opinions expressed by our correspondents.

REGISTRATION DAY.

To the Editor of THE BRITISH JOURNAL OF NURSING.

DEAR EDITOR,—

What a charming, festive and altogether delightful birthday party was given by the President and Council of the British College of Nurses on December 19th. One felt like a child who wished its birthday would occur more often than once a year, and like the old institution people at Christmas, who lament that their storage capacity is limited as they will regret lost opportunity the next day.

The iced cake with its inscription, and with its twelve candles, was a thing of beauty and a joy, if not for ever certainly for two days, for we all carried a piece away with us.

Laughter and tears are for ever mingled in this topsy-turvy world, and "the touch of a vanished hand and the sound of a voice that is still" was remembered in such inspiring language that we forgot the "sadness of farewell" in our pride of such noble examples.

Please ask me next year.

ONE WHO WAS PRIVILEGED TO BE PRESENT.

NOT WITHOUT REASON.

To the Editor of THE BRITISH JOURNAL OF NURSING.

DEAR MADAM,—

Recently I was talking to a young friend of mine, a smart, up-to-date girl, mightily dainty in her dress and appointments, and she was enlarging upon her experiences in an expensive provincial nursing home, where she had undergone an operation for appendicitis.

She plaintively informed me that she did not think much of the modern nurse as she had felt an urge—which took effect—to request her ministering angel to go and put herself tidy. Not without reason, I think, as she had on a very crumpled apron, and holes in her stockings. Well! Well!! What are we coming to?

AN OLD CONTEMPTIBLE.

KERNELS FROM CORRESPONDENCE.

Once a Land-girl writes:—"During the War a friend, knowing of my sweet tooth, presented me with a little silver box in which to keep illicit lumps of sugar—since which time I have used it as a pin box.

"They say if you keep a thing long enough it is sure to come in useful. Now I propose to secret in it a new potato! Don't betray me to the President of the Board of Trade.

"I am a farmer's daughter and was brought up on 'agricultural depression,' and know how long overdue are really drastic measures of protection to save the land. When I think of the splendid 'chaps' we bred in former days, all hoping to make a living in the healthy open air, who have migrated to the towns to live in slums, it makes one's heart ache not only with sympathy but with indignation."

Miss E. Foulkes Pritchard writes from Rondebosch:—"I endeavour to carry on out here in every way I possibly can to further the interests of nursing education and the Profession generally. So far, other than one or two articles in the *Record*, my efforts are of necessity confined to my hospitals, but even there I think I have made some headway and hope to do more in the near future. Miss Alexander has asked me, if possible, to attend the Central Board at Maritzberg in March, and I shall certainly endeavour to do so if time and money will permit. The distances out here are so great that the train fares leave one quite breathless, and one realises very soon out here how essential it is to have money for travelling. However, I shall be due for another holiday in March and hope to get as far as Maritzberg and Durban.

"I had a pleasant surprise in hearing that Miss Letch had secured the Durban post. She is a great friend of mine and has been Sister-Tutor at the Manchester Royal for the past three years. I met her boat a few weeks ago and was able to show her some of the principal beauty spots around here and have a pleasant talk about England and friends."

"THE BRITISH JOURNAL OF NURSING" AND THE "MIDWIFE" SUPPLEMENT

Is the Official Organ of the National Council of Nurses of Great Britain; The British College of Nurses; The Matrons' Council of Great Britain and Ireland; The Registered Nurses' Parliamentary Council, and the Registered Nurses' Association. The Official Supplement of the Royal British Nurses' Association is incorporated in THE BRITISH JOURNAL OF NURSING. Apply: Manager, 39 Portland Place, London, W.1.

PRIZE COMPETITION QUESTION FOR FEBRUARY.

Describe modern methods you have seen used in the treatment of fractures and the corresponding nursing care.

[previous page](#)

[next page](#)