

Royal British Nurses' Association.

Incorporated by



Royal Charter.

THIS SUPPLEMENT BEING THE OFFICIAL ORGAN OF THE CORPORATION.

HER ROYAL HIGHNESS THE PRESIDENT.

We have learned with very great pleasure of the good recovery which Her Royal Highness the Princess Arthur has been making after her operation. Members both in this country and the Dominions will unite in sending her every good wish that she may quickly be restored to her usual health and that she may feel great benefit from having undergone the operation.

MISS LIDDIATT'S "AT HOME."

Miss Liddiatt's "At Home" proved one of the landmarks in the long series of similar gatherings which, through the years while we have been at Queen's Gate, have helped to accumulate many happy memories of the "home from home" of the Royal British Nurses' Association's Members. It was largely attended by many Members of the Association, of the Catholic Nurses Guild (of which Miss Liddiatt is a Member), and other of her numerous friends. Never at any of those particular social gatherings have we been privileged to listen to such beautiful music. Miss Alethea Smith sang charmingly the "Dorothy Perkins Rose," "When the Daisy Opens Her Eyes," and "Rose of My Heart"; she was accompanied by Mrs. Hollingsworth, and later they sang together a duet for Mezzo and Soprano, Mrs. Hollingsworth accompanying. She also sang most beautifully an Indian love song, "On the Waters of Minnetonka," to her own accompaniment. Then Miss Ethel Osborne, in her delightful soprano, sang bird call songs in a wonderfully realistic manner, with astonishing range of voice. The first on her list was an imitation of the Laughing Bird of Australia, and this and other songs like it held us spellbound. Miss Betty Bannerman, of B.B.C. fame, sang songs by Quilter Hughes, Songs of the Hebrides and Christmas Songs, accompanied by Miss Bessie Kiek, whose beautiful music we were first introduced to, in so far as the Club is concerned, at our concert in the spring. She also accompanied Mr. Cracroft; this fine baritone singer gave us songs mostly by Lane Wilson, which were warmly applauded. Last, but by no means least, we had another musical treat in the performances of Miss Helen Campbell on her violin, and altogether the "surprise" concert which Miss Liddiatt had arranged proved an unmitigated treat and added much to the debt which nurses already owe to the artistic world. Those beautiful harmonies to which we have so often been privileged to listen at 194, Queen's Gate, may veritably, in a subconscious way, help us in our particular art of trying to bring back harmony of body and mind to the patients who come under our care. However this may be, the greatest appreciation was expressed of Miss Liddiatt's kindness and the memories of lovely music that her guests would carry away.

DANCE.

The dance given by Miss Cutler, Miss Graham and Miss Macdonald for Members of the Association and the British College of Nurses was as gay an affair as ever, and much appreciation has been expressed of the enjoyment which it apparently provided. The music was excellent, and we had, as usual, a variation by the introduction of some pipe music and Highland dancing. "Only another demonstration to me," said a gentleman who looked on with wonder at the activity displayed, "of the astonishing energy of those who live over the Border!"

In an interval, after supper, the programme had a short but, by many, much appreciated interruption when Mr. Berkhamshaw, one of the guests, gave us some fine music from Brahms and other composers.

We are indebted to Miss Treasure for decorating the Club again with her beautiful flowers which add so much to the surroundings on such an occasion.

LECTURE.

"HEALTH AND THE SEASONS."

By R. KING BROWN, B.A., M.D., D.P.H.

Dr. King Brown in commencing his lecture said that for purposes of convenience it would be useful to divide the year into two, taking from the beginning of October to the end of March as winter, and summer as commencing with April and ending with September. The diseases prevalent in summer were few in comparison with those associated with winter and they were such conditions as heat stroke, skin conditions resulting from exposure, hay fever and lastly, but not least important, summer diarrhoea in infants which is happily now on the decrease. In winter pulmonary diseases of all sorts are prevalent such as the ordinary cold, bronchitis, pneumonia, empyæmia, lumbago, neuritis, rheumatism and often in winter the foundations of diseases such as phthisis and rickets are laid owing to the absence of sunlight.

During summer time we acquire a certain amount of immunity from disease and, so to speak, store up health for the winter through the agencies of sunlight and fresh air; these help in many directions and notably because in the open air the sun is allowed to shine on exposed parts of the skin and so produces a storage of vitamin D to meet the winter. Further, in summer we get a greater storage of the other vitamins in our food. In this and other ways health is stored up in summertime, but with the average person this store gives out about January, in others it lasts on into March and, in specially favoured people, right on into the next summer. In winter the thickness of the atmosphere cuts off the ultra-violet rays, which fact has a serious effect on health and also the time of the sun's shining is much curtailed, and the air is saturated with moisture much more in the winter months than in summer. Then in the case of a London fog it is to be realised that the particles of moisture in the air are covered with paraffin,

[previous page](#)

[next page](#)