ON THE DOWN GRADE. HALT !

When we learn of initiative resulting in specially good work in the Dominions, we sometimes wonder why so many progressive organisations are not adopted in this country; then we turn to the map and realise the necessity of space, and think what is necessary in Alberta, just one Province of Canada's glorious Dominion, is not necessary in the little Mother Country, rapidly being covered with huddled habitations, bungalows, tenements and flats-so that once a lovely land of field and forest is rapidly being obliterated and God's beauty and health-giving spaces are being desccrated.

Is it not high time that Great Britain should be protected from desecration, and human beings be tabulated-so much cubic space, air, light and beauty compulsorily allotted to each one ?

Herding together, the pothouse, the gossip doorstep, the insatiable demand for news, noise, "pictures," tinned food and silk stockings, and the average inhabitant of Great Britain stands before you. It is not an inspiring picture, and the herd is on a dangerous decline.

Stories of evacuees have demonstrated the truth of this degenerate condition, To procure means of indulgence in this low standard of existence, all classes inspired by avarice are clutching at filthy lucre.

We have exposed cases of nepotism in high places, which appear to be prevalent in many Government De-partments and elsewhere. Public servants with the high salary of $f_{1,700}$ a year foisting their relations, male and female, into well-paid posts. Women, the wives of rich men, being paid high salaries in their husbands' departments, and so on ad infinitum.

The following story is typical of evacuees. A little girl of seven, living in luxury and safety, had been given the job of painting the paper lampshades black for black-out purposes. Her work brought to the notice of a visitor, the child exclaimed, "Yes! and I ain't been paid for it!"

What is needed is to climb mountain tops, to wander in green valleys, to kick up dead leaves in shadowy foreststo note the aconites, snowdrops, violets in the hedgerows, and listen to the love songs of the birds. To breathe unpolluted air, bathe in crystal streams, and realise that God's glorious world is a Divine gift-only to be appreciated by the pure in heart.

WHAT TO READ.

MEMOIRS AND BIOGRAPHY.

"The Private Life of Queen Alexandra," Hans Roger Madol.

"Their Royal Highnesses the Duke and Duchess of Kent," Keith V. Gordon.

My Two Years with Hitler," Sir Nevile Henderson.

"The Autobiography of Havelock Ellis." "Both Sides of the Curtain," Reminiscences by Elizabeth Robins.

"John Knight, Surgeon-General 1664-1680." Foreword by Sir D'Arcy Power.

FICTION.

"Lover's Meeting," Lady Eleanor Smith. "Valiant Heart," George Blake.

"The Morning is Near Us," Susan Glaspell. "We Sail To-night," Renée Shann. "The Power and the Glory," Graham Green.

- "Flying High," Margaret Morrison. "Flotsam," Erich Maria Remarque.
- "The Marquis of Carabas," Rafael Sabatini.
- "The Great Intrigue," Marjorie Bowen. "The Spanish Steps" (detective story), Paul McGuire. TRAVEL.

"Nine Pounds of Luggage," Maud Parrish.

"The Alps," Arnold Zweig.

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.

A SHINING LIGHT IN A DUSTY WORLD.

Letters continue to flow into the Editor of this Journal, expressing the loss to the nursing world at large sustained by the death of "our dear Miss Margaret Breay, so devoted to duty, so kind a friend to the needy, so lacking in self seeking, an example of what a true nurse should be.'

"Indeed, may \tilde{I} be one of the first to contribute my mite when it has been decided what form of memorial her friends may raise to her memory. A shining light, indeed, in this dusty world."

SYMPATHY OF COLLEAGUES IN SOUTH AFRICA.

Very kind letters of appreciation of the life's work of Margaret Breay are reaching us from abroad.

To quote Mrs. H. C. Horwood, the Organising Secretary of the South African Trained Nurses' Association, " You have indeed been called upon to suffer a terrible blow in the passing of Miss Margaret Breay. . . . One feels almost impertinent in offering sympathy and solace to so fine and dauntless a fighter as yourself, but you are facing such heavy loss. Does it comfort you at all to know that the loving sympathy of nurses in South Africa, as throughout the whole world, is with you at this time?"

"SOUTH AFRICAN NURSING JOURNAL."

To the Editor of THE BRITISH JOURNAL OF NURSING. DEAR MRS. BEDFORD FENWICK,

Thank you so much for sending a special copy of the January issue of the BRITISH JOURNAL OF NURSING for our We are proud to house among our archives not only files. the story of Miss Breay's life and work, but your most moving and beautiful tribute to her personality and character.

I had (after consulting Miss Alexander) deferred our own obituary notice until I received your Journal, as I was loath to make unworthy reference to so outstanding a

personality in the nursing profession. You will I am sure forgive me for taking over your own words. They must be an inspiration to all who read them. With my sincerest good wishes for your strength and well-being.

Yours very sincerely, H. C. Horwood.

Editor and Organising Secretary.

[It is, indeed, a comfort to know that the saintly character and genius of Margaret Breay is appreciated throughout the nursing world. Her work was her life, and it will live after her.—ED.]

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PRIZE COMPETITION QUESTION FOR APRIL.

(a) What are the effects of applying heat to the skin and for what purpose is it used?

(b) Enumerate the different ways in which heat may be applied and describe methods in detail.



