

meal it seemed as if they had utterly cast off all remembrance of discipline, routine, and ward worries. They were all revelling in the prospect of "breakfast in bed" for an indefinite number of mornings: this being the Elysian dream of every tired nurse! They rejoiced in the fact of no early morning bell to clang roughly and arouse them to a sense of daily responsibility, and experienced great relief from the absence of a fixed breakfast hour, from which they might not deviate by one minute. And so they ran on with the building of their charming castles in the air, which form so pleasant a part of the summer "outing."

\* \* \*

WHEN I was a nurse, I made a rigorous rule of wearing no uniform at all during my holidays. I used to think that so long as I could feel the stiff, starched strings of my uniform bonnet, that I could not relax and give myself up utterly to the joyous delights of mountain and sea. It is such a mental recreation to change one's attire, although I grant that after the severe simplicity of hospital garb, the

ordinary every day apparel, however neat, seems gaudy and frivolous.

\* \* \*

STAYING in a small country village, recently, the fact of my hospital training leaked out, and I received several visits from the cottage folk who wanted me to prescribe for their various ailments. Of course, I referred them to the local doctor, with one exception, and this case I was betrayed into visiting through sheer horror and alarm at the statement of a mother that her baby had "a frog in its throat." Visions of suffocation and speedy death had caused me to don my hat and follow the messenger in hot haste, collecting mentally all I had ever known of "First Aid to the Injured." Try as hard as I would, I could not recall a single mention of the scientific treatment for a hopping beast of that description in a small throat, and I really despaired of rising to the emergency. On examining the little victim, my enthusiasm and excitement were considerably damped by finding that it was suffering from a mild attack of thrush, which in this benighted village in Staffordshire is colloquially known as "frog in the throat!"

"κάλλεός ἐστι ὑγιαίνειν"

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