

prevent disease and sickness, and preserve health which, above all things, is essential to those whose very existence depends upon strength to endure.

The Grenfell Association is supplying a series of four beautifully coloured Christmas cards at 10d. each, or 3s. 4d. for the series with an envelope for each card, postage extra under the titles of "Madonna and Child"; "Fishing Head, St. Anthony"; "Solitude," and "A Labrador Christmas Dinner."

There are also black-and-white cards in a series of four at 5d. each, or 1s. 8d. for the series, with envelopes, postage extra; the titles of these being "Bound North," "Adrift," "Labrador Dog Team," and "Penguins at Play," design by Sir Wilfred Grenfell; also pocket calendars in sepia at 7d. each, with no envelope, and cover showing Sir Wilfred with Patient.

We are hoping that our readers will again extend help to this great work by buying cards and calendars to send to their friends this Christmastide. They can be obtained from The Secretary, Grenfell Association, 66, Victoria Street, London, S.W.1, or Miss Howat, c/o Maclay & M'Intyre, Ltd., 125, Buchanan Street, Glasgow, C.1.

THE PURSUIT OF HAPPINESS.

Regarded as one of the inalienable rights of all human beings, the pursuit of happiness shows many facets. Within recent months there have been hundreds of stiffly starched young women parade before their families and friends to the focal point where the presentation of certificates, medals, prizes, and awards signified they had reached a point of eminence—graduation. Afterwards, their faces abeam with happiness, they thronged the reception halls to receive warm and well-earned congratulations. Graduation is a time of happiness.

And yet, what is happiness? The Oxford dictionary tells us that it is the state of being "lucky; fortunate; contented with one's lot." The first two meanings suggest that there is an element of chance—that the pursuit of it is an important part of the realisation. Philosophers have expanded these definitions, seeking to give some guidance. Edward Newton wrote of happiness, "It is to be very busy with the unimportant." George Bernard Shaw expressed it as, "This is the true joy of life, the being used for a purpose recognised by yourself as a mighty one." Clarence Urmy summed it all up in a concise verse:

*Not what we have, but what we use;
Not what we see, but what we choose—
These are the things that mar or bless
The sum of human happiness.*

And so, to all these youthful graduates goes a wish that they may fashion for themselves a pattern of joy in their work that will bring them happiness; that they may share some measure of this happiness with their patients for, paradoxically, the more they give, the more they will have. Their "purpose" surely is "a mighty one"—to alleviate suffering and to bring healing of body and mind. The little things, the "unimportant" details are the pavingstones from which to build the highway through life. Good luck and great happiness!

M. E. K.

From *The Canadian Nurse*.

"Happiness sneaks in through a door you didn't know you had left open."—From the *Journal of the Western Australian Nurses*.

Seven Weeks

QUEEN ELIZABETH TO MR. SPEAKER POPHAM: Now, Mr. Speaker, what has passed in the Lower House?

MR. SPEAKER: If it please your Majesty, seven weeks!

WHAT TO READ.

MEMOIRS AND BIOGRAPHY.

"Ten Chapters." Field-Marshal the Viscount Montgomery of Alamein, G.C.B., D.S.O.
"Twelve Legions of Angels." Air Chief Marshal Lord Dowding.

FICTION.

"The Earth Beneath." Harold Heslop.
"Glorious." Maureen Sarsfield.
"Masquerader Brett." Richard Fisher.
"Away went the Little Fish." Margot Bennett.
"Again in October." Lillian Van Ness.
"Blaze Allan." Lillian Ross.
"Britannia Mews." Margery Sharp.
"Silver Fountains." Dorothy Mackinder.
"A Romance in Lavender." Stephen Southwold.
"Dust of Egypt." Hermina Black.

TRAVEL.

"Alone and Loitering." Silvia Baker.

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.

NATIONAL GARDENS SCHEME

QUEEN'S INSTITUTE OF DISTRICT NURSING,
July 31st, 1946.

To the Editor of THE BRITISH JOURNAL OF NURSING.

DEAR MADAM,—I would like to take this opportunity of offering my most sincere thanks for the information regarding the National Gardens Scheme you have been good enough to insert in your paper.

The valuable publicity you have so kindly given is very greatly appreciated.—Yours truly,
MARY POWELL.

CONFERENCE ON MENTAL HEALTH

To the Editor of THE BRITISH JOURNAL OF NURSING.

DEAR EDITOR,—As many of your readers are interested in the care of the young, may I, through the courtesy of THE BRITISH JOURNAL OF NURSING, draw attention to the Conference on Mental Health, to be held at Caxton Hall, Westminster, on Friday, November 16th, 1946. Both morning and afternoon sessions are to be devoted to different aspects of child welfare.

A SCOTTISH NURSE.

GREETINGS FROM SOUTH AUSTRALIA

SEMAPHORE, SOUTH AUSTRALIA.

September 3rd, 1946.

DEAR EDITOR,—I have just received the July BRITISH JOURNAL OF NURSING, and was very sorry to read on opening it of your serious accident and to find you are in Bart's Hospital. . . . Only wish I was near enough to come and see you and bring a bunch of beautiful flowers—they are lovely this year after so much rain; last winter we had very little rain. The Duke and Duchess of Gloucester arrived here in Adelaide to-day in glorious sunshine. We are all very sorry they are returning to England so soon. What excitement there will be when the Royal Party come here, especially as the King and Queen have been here before. Everyone who were in the Victory March, London, from here fell in love with the King and Queen; they all thought the Queen lovely in every way. How I wished I could have been one of them. What a wonderful sight it must have been. Wishing you once more a speedy recovery to health.

Yours very sincerely, M. E. L. MATTHEWS.

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