

outside by the application of cold or cool water. This is why seaside bathers, by their frequent immersions in the sea, can withstand longer periods of sun heat without harm and assume more quickly a deeper tan. Sun and sea are perhaps the finest combination of two health-giving elements it is possible to imagine.

With every care taken, it is possible to become sun-burned, and resort to some remedy is necessary. Despite all the advertised specifics there is no finer soother of a sun-scorched skin than calamine or zinc carbonate which can be obtained from any chemist at small cost.

This lotion is antiseptic and will prevent local poison. It has a cooling sensation which pleasantly offsets the distress caused by the burning, tingling skin.

An old remedy, which has been tested by time, is made up from eau-de-cologne and oil of elder, in equal parts, about a quarter of an ounce each, to which ten drops of tincture of benzoin is added, then mixed with eight ounces of water.

This can be dabbed on with a sponge or, better still, sprayed on to the affected parts.

Almond oil is better than olive oil as a skin coating, and a rose water and glycerine spray can be very refreshing indeed.

With the foregoing remarks in mind, sun bathing can be very beneficial and enjoyable, but it is always better to be careful than sorry, so proceed wisely and gradually if

that gorgeous tanned skin is desired, without suffering in the getting of it.

### West London Hospital, Hammersmith.

THE ANNUAL RE-UNION AND PRIZE-GIVING took place at the West London Hospital, Hammersmith on June 30th.

The proceedings were opened by a Service in the beautiful little hospital Chapel, well attended by members of the staff and their friends.

The successful members of the nursing staff received their awards from the hands of Lady Cole, the Chairman of the Executive Committee, West London Hospital Ladies' Association. Miss M. G. Craven is the well-loved Matron of this institution.

One is always conscious of the harmony that exists amongst the members of the nursing staff of this hospital, situate in the busy part of the Metropolis and close to the river, of which Londoners are so proud.

The kindness and expert nursing shown to patients warded in this hospital has always been emphasised by the patients and their friends.

After the ceremony, a delicious tea was served, when old members of the nursing staff renewed friendships and recalled the happy days when they were at their Training School.

### Nursing Echoes.

THE NATIONAL COUNCIL OF NURSES, of Great Britain and Northern Ireland wishes to bring to the notice of nurses that the French National Nursing Association (through the French Embassy in London) is prepared to take a small number of nurses from Great Britain on an "au pair" basis, from July to September of this year, for the purpose of furthering their experience.

Nurses will be required to pay their own fares, and to have some knowledge of the French language. It is hoped that nurses will avail themselves of this offer, and further particulars can be obtained from the Executive Secretary of the National Council of Nurses, 17, Portland Place, London, W.1.

WE HAVE PLEASURE IN ANNOUNCING that the Princess Tsahai Memorial Hospital, which has been built in Ethiopia in memory of the Emperor Haile Sellassie's young daughter, will be opened on July 23rd. The late Princess worked devotedly for five years at the Hospital for Sick Children, Great Ormond Street, and at Guy's Hospital, and was much beloved by patients and staff.

The Memorial to her has received warm support from the British public.

To celebrate the opening a Garden Party will be held at "The Holme," Bedford College, Regent's Park, on

Tuesday, July 10th, from 3 p.m., to 9.30 p.m., by kind permission of the Governors of the College, at which our readers will be welcome. Miss Wendy Hiller will open the Bazaar, and Lord Winster will preside.

Gifts of all sorts for the refreshment and other stalls will be much appreciated, and should be addressed to Miss E. Sylvia Pankhurst, at 3, Charteris Road, Woodford Green, Essex.

The Memorial Hospital Council has still to pay upwards of £2,000 to complete the cost of equipment for the Hospital already shipped to Addis Ababa. Donations will be gratefully acknowledged by the Honorary Treasurers, Lord Horder and Lord Amulree, c/o Messrs. Gould and Prideaux, 88, Bishopsgate, E.C.2.

AN EXTENSION TO St. Mark's Hospital, City Road, London, was opened by Somerville Hastings, Esq., M.P., M.S., F.R.C.S., Chairman of the Board of Governors, on June 29th.

The original hospital, for Diseases of the Rectum and Colon, soon became inadequate and in 1938 was removed to Charterhouse Square, where it remained for 13 years.

On St. Mark's Day, 1854, the present building was opened, and extensions have been added from time to time, to cope with the ever expanding work.



Princess Tsahai Memorial Hospital.

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