

"Do your girls use these hand-swings as well as the boys?"

"Indeed, yes. Girls are constituted to need exercise quite as much as boys; why should they not have it? I know they do not often get it, but this is a pity. I suppose the teachers and parents who encourage girls to be quiet and still, are afraid that they will become unladylike if they are allowed to romp about. But I don't think there is any cause to fear this."

"I am sure there is not," said Mrs. Nettlefold. "Engagement in manly games does not prevent boys from growing up gentlemen; why should it hinder their sisters from becoming ladies?"

"Certainly. I was reading a little while ago a very clever book on education. The writer said that, in his opinion, very little needed to be said now-a-days on the importance of bodily exercise, as far as boys were concerned; people were awake to it; but that it was quite otherwise with girls. It happened that there were both a boys' school and a girls' school near this gentleman's home. The boys soon made their presence known, for every day before breakfast, again towards eleven o'clock, again at midday, again in the afternoon, and once more after school was over, the neighbourhood was awakened by a chorus of shouts and laughter as the boys rushed out to play, and this continued as long as they remained. It was not so with the girls, however. For a long time the gentleman did not discover that there was a girls' school near. At last, when his attention was drawn to the fact, he noticed them occasionally sauntering along the paths with their lesson-books in their hands, or else walking arm-in-arm. Only upon one occasion

during five months did he see them chasing one another round the garden-paths."

"I can believe that without any difficulty," said Mrs. Nettlefold. "We all know that girls prefer walking together and chatting to running about."

"Yes, but it is a great pity. I would have the girls not only take vigorous walks, but also practise daily skipping (for a short time only), tossing balls to one another, playing at battledore and shuttlecock, and the use of dumb-bells; and I would allow little girls to trundle their hoops, and jump and run."

"I can tell you of a very good way of imparting a graceful gait and carriage to young ladies," said Mrs. Nettlefold, "and that is to let them walk for a few minutes every day with a bag of beans or peas, or coarse sand, balanced on the head, just as in Eastern countries women carry their water-cans."

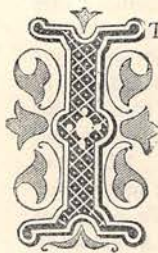
"I am sure that is good," said I; "exercises of this kind improve the figure, and give precision and grace to the body, more than regular drilling exercises would do."

"I don't fancy," said Mrs. Nettlefold, "that we shall have much difficulty with the children when they have grown a little older. They will see the importance of taking exercise themselves then."

"Of course, it is whilst they are growing that we need to be specially careful for them," said I, as I rose to leave; "and we will do our best. I think more and more that what is wanted is for people to get to *know* what is right. The will to do well is far more general than we think. But you and I will do what we can, and perhaps some one else will be influenced to copy our example, and so the good work will go on."

PHILIS BROWNE.

## THE NURSING OF THE LONDON POOR.



It is impossible to reside in this immense metropolis, or to read the daily papers, without feeling oppressed by the consciousness of being surrounded by thousands of fellow-creatures lacking, not merely the ordinary necessities of life required by those in health, but that a large proportion of them labours under the aggravation of disease and accidental sufferings, creating extra necessities. To those charitable souls whose genial hearts are larger than their purses, it will be the greatest solace to be told of the machinery at work for the relief of the London sick poor by means of nursing and medical advice.

According to the list of medical officers' districts, I find that London contains fifty-nine. The most extreme poverty exists in St. Paul's, Whitechapel; St. Augustine's, Haggerston; St. Mary's, Charterhouse; St. John's, Walworth; St. Matthew's, New Kent Road; St. Matthew's, Westminster; and St. Pancras, No. 1 District; while St. John's, Fitzroy Square, is noted as the district populated by "the dirtiest poor in London;"

and St. George's-in-the-East, No. 1 District, as being, of all others, "the most dangerous in London." To alleviate so much misery, and thus to effect cures—where God-blest human means can accomplish it—I find we have at present twenty-two organisations at work as nursing institutions. Some of these supply regularly trained, and in every respect perfectly efficient nurses; while others send out the partially trained; and others again, the wholly untrained, who only afford such service as personal experience, combined with earnest and unselfish devotion, may render.

A large proportion of mankind are only too willing to

"Leave human wrongs to right themselves;"

but to hear that such societies exist will not satisfy those who take to themselves the Divine command, "Bear ye one another's burdens." I should not have space to give any minute and satisfactory account of all, but will select one from amongst them as a specimen, and give as many private details, connected with both the internal arrangements of the Home and the district work, as may be interesting. Holding the

chief place amongst the twenty-two societies above-named, I will tell what I think the reader may like to know of the great Metropolitan and National Nursing Association, and the others shall come briefly under consideration afterwards.

This association has twenty-seven patrons, besides vice-presidents, trustees, and a council of fifty-five members, with the usual acting officers, Miss Florence Lees being the superintendent-general: known to the public for the distinguished part she took in the late Franco-German war.

In addition to the Central Home in Bloomsbury Square, there are two branch establishments of the same society already in full work, each having its own lady superintendent, under the direction of the superintendent-general. One of these, called the Eastern District, is at 47, Philpot Street, Stepney; and the other, known as the Northern Home and District, is at 413, Holloway Road. At the beginning of November one was opened at Paddington, for that and the Marylebone District, to be called the Western Home; and if sufficient funds be raised for the purpose, another will be established in Lambeth, respecting which a meeting was recently held in the Archbishop's Palace. Besides all these branch Homes, if any grant can be obtained out of the fund of St. Katharine's Docks (intended for persons of noble birth who devote themselves to nursing the poor), a Home (the sixth) will be organised in the latter district. The Central Home was opened, under the direction of Miss Florence Lees, in July, 1875. I have just had the pleasure of inspecting every part of the institution, and thinking that the various little particulars which then came to my knowledge may prove both interesting and useful to my readers, I will escort them in imagination all over the house, and give the substance of the information which I have myself elicited.

The large dining-room is free to all the nurses for their family reunions, at meal-time, and recreation, and here visitors to the Home are received. The drawing-room, and two other apartments, belong to the superintendent-general, where she receives her friends and the nurses at pleasure. Above these rooms there are five little dormitories, comfortable and attractive-looking, where space has been economised in a wonderful manner. Simple, yet giving evidence of good taste, refinement, and common sense, the convenience and pleasure of the nurses have been evidently considered in these small apartments. Pictures, flowers, and other pretty objects adorn them. Each contains an open spring-bed, wardrobe, chest of drawers, table, an "easy" and ordinary chairs, a gas-fire, and a small bracket-shaped book-case, containing a lock-up cupboard, in which the nurse keeps her own little stores of tea, sugar, and preserves. She is also provided with a small tea-set and kettle, that she may at all times make her own tea or coffee, and give afternoon tea to any private friend in her own room.

We now ascend to the top floor, and here we find a large front dormitory devoted to the probationers, where each lady has a separate "cubicle," or a sleeping-apartment, having a window of its own, and

divided off from the others by a permanent wooden screen on each side not reaching to the ceiling, and a long curtain across the end, thus allowing a free passage of air overhead, and a portion of the dormitory common to all shut in by the one door. These were likewise pleasant little apartments; and as I stood by the window in one of them, I could not help exclaiming how agreeable it would be to sit there and look out on the fine trees, and see the children playing on the grass in the large garden of the square—a sunny place, with the colossal statue of some worthy keeping guard at the gate just under the windows. At the back of the house on this floor there is a large apartment for the maid-servants, and next it we enter a smaller one, supplied on each side with a number of shelves. Here we observe all kinds of appliances for the special work of such an establishment. Heaps of old linen and calico to use as bandages, rags for wounds, or towels for the use of both nurse and patient, and some old shirts—a valuable gift, as I was informed—for use, not for the living only, but as grave-clothes for many whose friends are too poor to supply a last covering. I trust that in making this allusion to old linen, under-garments, or rags, I shall be complying, by proxy at least, with the earnest request made to me in that sadly-suggestive chamber, by putting it into the minds of others to send such-like articles to this or any similar institution, wherever located.

Passing from the Home itself to the inmates, I must now observe that the necessity for wearing a distinctive costume for the purpose of protection (by immediate recognition of the vocation of the wearer) is fully recognised. The costume of the nurses of the Metropolitan and National Nursing Association consists of a short linen (I believe brown holland: at least, unbleached) dress, a large apron and bib of the same, and over-sleeves, to be worn when nursing. The out-door covering consists of a long cloak, water-proofed, of dark blue alpaca in summer, and dark blue Witney "blanketing" in winter; a black straw bonnet, trimmed with black silk bound with light blue: the form of the bonnet is changed yearly, according to the fashion of the time; and a white-frilled washing-cap, with broad white strings tied beneath the chin, is worn under it. Each nurse wears pairs of scissors, forceps, and a pincushion, and carries a small bag, containing old linen, carbolic acid, and anything else required for dressings; but when the patients can afford to pay for disinfectants, they are expected to do so. So much for the dress and equipments.

I may now give a slight sketch of the circumstances under which the nurses are engaged, and a few of the regulations of the institution, for the especial information of any lady who may seriously contemplate the vocation of a nurse as a profession for herself. Candidates are selected by the superintendent-general, and none are eligible in this institution excepting those who are unquestionably gentlewomen by birth as well as by education. It is deemed expedient that all who are living together on such intimate terms should hold one uniform position in society. Thus the intercourse

enjoyed by these accomplished and benevolent ladies one with another, during meal-time or the leisure hours of the evening after five o'clock, is all the more mutually agreeable.

Probationers come to the Home for a period of one month, then go to a hospital to be trained during one year; and return for three months' additional training and supervision under the head superintendent, who visits and nurses with them in turns, when they are required to take notes of each case and every day's treatment. After this period they are qualified to be sent to a district Home. Every nurse has one month's "leave of absence" in the year; and at Christmas each lady hands in to the head superintendent a paper, on which she has stated the month which it will suit her best to take her holiday. Each lady then has her wishes considered, with a due regard to the convenience of the rest of the household.

Every nurse is required to work eight hours daily in her district; she is to have as many hours for sleep, at least two hours of leisure, and, whenever possible, she has her evenings entirely at her own disposal. As regards expenses incurred on entering the Home, and the provision made for the nurses in return, together with their ultimate prospects, I must now add a few words. Nurse candidates pay £5 on admission as probationers, to cover all expenses of board, lodging, and washing during their month's trial. When sent for training to the hospital training-school (St. Thomas's), they pay £30, by two instalments, for the year's expenses—board, lodging, washing, and dress being supplied, together with all necessary instruction. On their return to the Home for the three months' extra practical training in district work, they pay £14 for all expenses, both personal and for instruction, for which they are provided with full board, and 2s. 6d. weekly for washing. Nurses fully trained and on the

staff of the association receive a salary, payable quarterly, of £35 the first year, £38 the second, increasing by £3 annually till the sixth year, when it amounts to £50, and at this the salary reaches its maximum.

At the present time there are seven nurse probationers being trained at St. Thomas's, and five more are expected to enter in the course of a few months. When in the Home they have no menial work to do (excepting in the capacity of nurse), but they are required to make their own beds and their own tea or coffee.

Fully to realise all that is performed and endured by these ladies—their fatigues, anxieties, risks from infectious diseases, and all manner of obnoxious associations—the reader should see a report of the society's work, wherein extracts are made of the notes they are required daily to make; and it will be seen that no salary could be regarded as any equivalent for their self-denying labours, often prosecuted during the dreary hours of night, when we who read are comfortably housed and our eyes are closed in refreshing sleep.

In all it has been calculated that 102 of the London districts are being nursed; irrespective of the work carried on all over the metropolis by the Bible Women's Mission, who have formed for themselves a special, and not an ecclesiastical, district of enormous dimensions; and of all the nursing given by private individuals, unconnected with any society. I should also notice the fact that, where a large nursing association is stated as sending out but one nurse, or at least, but a small number, to attend the sick in their own homes, it must be understood that their chief mission is to receive them and tend them in the public home or hospital, where the full staff of their nurses is designed to work.

S. F. A. C.

KING BABY:

SOME EXPERIENCES OF A YOUNG MOTHER.



“Oh, dear! oh, dear! this baby is so fretful! — what shall I do with him?”

I was getting quite out of patience, and began to feel almost angry with the little fellow, my first baby. It was the first occasion of my return to public life, and my husband, in the pride

of his heart, had invited about half a dozen particular friends to do honour to the occasion. We were people of very moderate means, and the superintendence of many of the preparations devolved on me. I had one servant for the house, and a young girl to nurse

baby; but somehow or other she could never keep him good for long together. However, as I often took him from her and nursed him myself, we managed tolerably well, as a rule; but to-day, when I was more than usually occupied, the little fellow had been crying the whole day, and even now, when my guests were awaiting me down-stairs, I could not still his cries. The more I tried to hush him, the more obstreperous the little fellow became, until I was fairly beside myself with annoyance and vexation. All the time my young nursemaid stood stupidly by, not offering to render me any assistance. She was, indeed, as incapable as myself.

Poor baby!

Presently my sister came running up-stairs into my bed-room.

“Do go down, Mary,” she said; “William looks quite annoyed. Give baby to me.”