

A full moonlight night found us on the beach at a moonlight picnic. We enjoyed ourselves very much there, with the waves soaking our sarees, and the wind drying them for us, on the shore.

Our next interest was to welcome our new Sister, Miss Hardy. With very little practice, we got up an entertainment, which turned out very successfully. We were glad to find that our Doctors were so interested in the play, that they offered to buy tickets, if we could thus entertain them, every month.

At our September meeting, we discussed the making of models for the Exhibition; and in October, we elected two delegates, by vote, to be sent for this Conference.

MEDITATION

By the REV. KENNETH MACPHERSON, Bombay.

It is the spirit that quickeneth the flesh profiteth nothing.—John vi. 63.

As we read the Gospels it is clear how much of our Lord's time was spent in caring for the bodies of the people. He stands out as the great Healer. Teaching and Healing are His characteristic work. This is to be expected if we remember that the main purpose of His life on earth was to give men a picture of the character of God. God is to be known in terms of character, and His character is summed up in the one word Love. 'God is love, and he that dwelleth in love dwelleth in God, and God in him.' Love must find its own self-expression, and it is expressed in the selfless service of men where they most need help. Men most need help in the training of their minds to think right thoughts about God and about life, and in the strengthening of their bodies that these same bodies may be fit and proper instruments for the doing of God's will. So our Lord gave much of His time to this work of training the minds of men by teaching and of strengthening their bodies by healing. And this He did because He loved men; for no other reason than that; because He cared for men and women and children one by one, as children of the Father, as dear to the heart of God. It did not matter whether the people were deserving or not. No one is deserving in the sight of God, because no one has come near to attaining the measure of the stature of Christ, which is what we ought to reach. God loves men whether they are good or bad. Only He cannot do as much for them if they are bad as if they are good, because they will not let Him. They close the door upon Him. This is the reason why Jesus could not help those who had no faith; it was because they were not willing to welcome Him and place themselves in His hands. They resisted, and so Christ could not help them unless He was willing to use force, which He would never agree to do. But though His power was checked, His love was not; it was poured out freely upon all whatever their sex or age or nationality or colour. It is true that the Jews were given priority in time, but they had no exclusive claim upon our Lord Who was not only the Hebrew Messiah but the Saviour of the World.

The main point up to which these considerations are meant to lead is that the spirit inspiring all the work of Christ was a spirit of love. It was His intense interest in the individual and His care for all, one by one, that was the mainspring of His daily work.

It is quite clear that the work of nursing to which you have been called bears close resemblance to the work which our Lord did so often, the work of caring for the sick. The work you do and the work He did are much the same. In that you must find a great satisfaction, for you

must feel that your life work is thereby ennobled and lifted on to a level which is exalted indeed. The question you have to ask yourself is this. Is my work animated by the same spirit as the work of Jesus was? What is the mainspring of my work? What is the purpose I have at the back of my mind when I do it? What is the real inner motive of it all? The mainspring of Christ's work was care for the individual; His purpose was to show His love for each, and to love each because each was precious in God's sight. The inner motive of His work was to increase the sum of happiness by drawing men to love God because they were to know that He loves them. So His work was full of a large and generous loving kindness, and of a joy which is inseparable from those who are living in the sunshine of God's love, and whose lives are not darkened by the shadows of selfishness or jealousy or hate. There was a sparkling radiance in the life of Christ because it was lived in the glad, free atmosphere of the great love of God.

Can you as nurses come nearer to sharing our Lord's motive? Can you have within you His Spirit? You can if you desire to, and if you do share His motive, you will discover the secret of happiness, and the burdens and anxieties of your daily life will become light, because the Spirit within you will bear you along and lift you above smallnesses and petty vexations. You will know that you are amongst our Lord's disciples whom He has chosen to carry on His work, and that to do this He has given and will give you of His Spirit. The light shineth in the darkness, and the darkness does not overcome it. If you see that Light which is Christ Jesus, you will live in its brightness and illuminate the lives of all about you. And that is what you are meant to do if you are a Christian.

T. N. A. I. NEWS AND NOTES.

The Annual Conference

By the kind invitation of Miss Stitt it is hoped to hold the Annual Conference at Nagpur in November. The exact date has not yet been decided upon.

National Florence Nightingale Memorial Fund

Members will be interested to know that Miss Josephine Manuel, Matron of the State Hospital, Indore, who has been selected as the candidate for the 1935 Scholarship, received her training at St. George's Hospital, Bombay, of which Miss Macfarlane is Lady Superintendent.

Raffle in aid of the Trained Nurses' Association of India

Many thanks are due to Miss Chadwick, Matron-Superintendent of the Government Hospital for Women and Children at Egmore, Madras, for having organised a Raffle which realised the splendid sum of Rs. 145 for the funds of the T.N.A.I.

The prize winners are: 1st, Miss A. Adie, Government General Hospital, Madras, a Manicure Set; 2nd, Mrs. Miller, Nungumbakkam, a pair of Fish Servers; 3rd, Miss Alice Thomas, Rainy Hospital, a cushion; 4th, Miss Lily John, Saidapet Red Cross Centre, a Tea Cosy.

Hospital Day in A. S. India Mission Hospital

We had a great time here with Hospital Sunday followed by Hospital Day when we had the hospital open for visitors and many brought gifts. The gifts of the poor villagers on the roadside were a source of great joy

When you write prescriptions...



... for cases of anaemia, rickets, scrofula, marasmus and nervous debility — make SCOTT'S Emulsion your strengthening tonic.

The unique Scott process precludes the possibility of oxidation and retains the full potency of the vitamin content.

Stringent tests have demonstrated the purity and stability of SCOTT'S Emulsion under Eastern climatic conditions. Patients appreciate its agreeable flavour and ready digestibility.



Scott's Emulsion

of Pure Cod Liver Oil

and inspiration to us all—a poor leper with a bunch of plantains and a handful of beans and a smile from ear to ear and eyes fairly dancing. We took in about Rs. 600 altogether in money and gifts in kind. The spirit of it all meant more to us even than the material help which goes towards feeding the poor in the hospital.

Toll of Meningitis

The Statesman of February 23rd reported that up to February 19th, there had been 32 cases of Cerebo-spinal Meningitis, with 29 deaths in Delhi.

The Health Officer of the Delhi Municipal Committee read a long note on the disease, at the meeting on February 19th, and various officers of the Department and local practitioners are holding consultations to combat the disease.

BOOK REVIEW

Unto the Skies, by Lilian G. Carleton. Foreword by Mary Marburton Booth. 207 pages. Pickering & Inglis, 3/6.

This is a 'first volume' by one of our own T.N.A.I. members. A charming and thrilling account of patients whose bodies and souls have been healed in the Women's Christian Medical College Hospital, Ludhiana.

Twenty individual sketches—no sameness. Sister Carleton holds you spell-bound in each life whether of child or adult.

We will hope for succeeding volumes from Miss Carleton's facile pen.

A. G. McA. M.

Muscular rheumatism, neuritis, sciatica, lumbago, torticollis, as well as other forms of fibrositis, are the cause of a great deal of disability in all walks of life, with a corresponding economic loss.

In the physical treatment of these conditions, heat, as supplied by a poultice of Antiphlogistine, which maintains a warm, even temperature for hours, may afford more grateful relief to the patient than any other measure.

By promoting correction of the local blood and lymph circulations it helps to relieve the inflammation and congestion, so that the pain is reduced and greater ease of movement follows.

Its therapeutic advantages, coupled with the plastic and adhesive nature of the Antiphlogistine, go far towards helping the patient to carry on efficiently with his daily tasks.

WANTED

A trained European or Anglo-Indian nurse required as acting Nursing Superintendent at the London Mission Hospital, Chikka Ballapura, Mysore State, for at least four months from the beginning of April during the absence on furlough of the Nursing Superintendent. The candidate should be willing to undertake the training of a few nurses on the vernacular grade. Salary rupees eighty per month. A pleasant bungalow being provided on the hospital compound. Applicants please apply direct to the Medical Superintendent—Dr. C. G. Cutting, at the hospital.