

NURSING MAGAZINE PAGE.

[From *The Canadian Nurse*, May 1926.]

MENTAL ATTITUDE.

WHENEVER you go out of doors draw the chin in, carry the crown of the head high, and fill the lungs to the utmost; drink in the sunshine; greet your friends with a smile, and put your soul into every hand clasp. Do not fear being misunderstood; and never waste a minute thinking about your enemies.

Try to fix firmly in your mind what you would like to do, and then, without violence of direction, you will move straight to the goal. Keep your mind on the great and splendid things you would like to do, you will find yourself unconsciously seizing upon the opportunities that are required for the fulfilment of your desire, as the days go gliding by, just as the coral insect takes from the running tide the elements it needs. Picture in your mind the able, earnest person you desire to be, and the thought you hold is hourly transforming you into that particular individual. Thought is supreme. Preserve a right mental attitude—the attitude of courage, frankness and good cheer. To think rightly is to create. All things come through desire, and every sincere prayer is answered. We become like that on which our hearts are fixed. Carry your chin and the crown of your head high. We are gods in the chrysalis.—FRA ELBERTUS.

[From *The American Journal of Nursing*.]

SMALL-POX.

There is nomedical doctrine that has been more definitely and conclusively proven than the protective influence of vaccination against small-pox. Children should be vaccinated in infancy, and re-vaccinated at the age of 10 or 12 years. In the vast majority of cases two such vaccinations will protect for life. If at any time one is exposed to small-pox, it is the part of intelligence and prudence to again be vaccinated in order to make sure that one's immunity is complete. You might ask "What shall I do if my vaccination does not take?" If you have never had a successful vaccination then an unsuccessful attempt at vaccination gives absolutely no assurance against small-pox. If, however, you have been once or twice successfully vaccinated, later unsuccessful vaccinations may mean that the system has been protected both against small-pox and against vaccination.