

happiness depends largely on her ability to get the best out of her native servants. She must remember their limitations and if she is wise she will avoid all attempts at hustling.

I cannot conclude better than by asking the nurse who contemplates a spell of work in the tropics to remember Kipling's advice that :

" It is not good for the Christian's health
To hustle the Aryan brown.
For the Christian riles, and the Aryan smiles,
And he weareth the Christian down.
And the end of the fight, is a tombstone white
With the name of the late deceased,
And the epitaph trite ' here lieth a fool
Who tried to hustle the East.' "

INTERNATIONAL ASPECTS OF NURSING.

BY BARONESS SOPHIE MANNERHEIM.

(Read at the Conference of the International Council of Women held at the British Empire Exhibition, Wembley, England, May 5th, 1924.)

Coming as I do from one International gathering, that of the General Council of The League of Red Cross Societies, and having the pleasure of attending this wonderful meeting of women from all parts of the world, I feel Internationalism to be, so to say, in the air which the people of the present day are breathing, one of the real attainments we have arrived at, and it seems incredible that twenty-five years ago the work international could come as a revelation opening up new vistas to a few whose mission it became to make the rest of the groups of workers, of thinkers, of strivers, see its greatness.

So it was in the case of nursing, and it is with great reverence and admiration that I recall the names of those pioneers of the International Movement in Nursing—Mrs. Hampton Robb from America ; Dr. Anna Hamilton from France ; Schwester Agnes Karll from Germany and last but not least, the English member of the group, Mrs. Bedford Fenwick, whose inspiring influence, brilliant gifts and eminent talent of leadership made her the head of the organization started in 1899 in London under the name of " The International Council of Nurses," which had its first big meeting in Buffalo, U. S. A.

It was an inspiration, this thought of the representatives of the nursing profession meeting from all parts of the world to discuss the work which is theirs and the professional problems confronting them. It stood like a beacon, attracting the eyes for which it was meant, those of the nurses of the world, and drawing them together to some wonderful meetings. Let me here tell you of my first experience of such a meeting, that of 1907 in Paris, and let me do it as subjectively as it comes to my mind : I had been, as I think we nurses all do, working hard, thinking of my patients, of my hospital, and of the small round of problems confronting me. This was my world ; not a very large one, but to me, absorbing, and I was getting into the way—characteristic of many nurses—of absorbing myself in my work with eyes stiffly fixed on what was in hand, and never looking round the corner. I did not even know there was

danger in such absorption, when suddenly one day I heard or read the words—"The International Council of Nurses is going to meet." That set me thinking. "What is this?" I said to myself. "Is there a special kind of nurse called 'International,' or do we all,—do I myself,—belong to this group?" A thought thrilling me to my very soul. I had to find out and decided to go to Paris, where the Congress was to be, to do so. I will never forget this first meeting with the international spirit which is now so familiar to us all, the wonderful feeling of being among friends, the everlasting joy of being able to "Talk shop" without tiring your audience, and the revelation suddenly dawning upon you that your own poor little problems were the problems of your sisters all over the world, and that, borne together, they would hereafter feel lighter, that you would get help from all the hands you had touched, from the words you had heard, that you could go home but you would no more be alone in your work, you were a changed being, your soul had lifted its wings for the first time and seen the sun of universal sisterhood. I can recall this meeting as though it had taken place yesterday: Mrs. Bedford Fenwick in the chair, Miss Isla Stewart with her warm heart and quick wit, Mrs. Hampton Robb, the big woman with a voice like the music of her beautiful soul, Miss Nutting, and our wonderful little secretary, Miss Dock, who was first "Votes for Women," and then last, but not least, a nurse. And the audience: The keen faces, the bright eyes of those women, many of whom wore the uniforms of the profession in their respective countries. It was a sight and an impression never to be forgotten.

This meeting in Paris was followed in 1909 by one in London. Then in 1912 there was another gathering in Cologne, Germany, in which Russian policy of that time prevented Finland taking part as a country, and then came the great catastrophe, doing away, while it lasted, with most of the ideas of internationalism. And yet the idea survived. Like the soldiers buried in the ground, who at last after years of life, that was not life, could come out of their trenches and see the light of the sun and the green earth again, the seed, which once had been sown and then checked in its growth and obliged to keep low, lifted its head and began to unfold, even if very feebly at first. The first meeting of the Executive of our Council after the war, that of 1920 in Atlanta, Georgia, counted two representatives from Europe, the one from Denmark and the one from Finland, which beside those from Canada and the United States, formed the whole of the gathering, and yet it was felt that the idea could not be allowed to die. We, who were made for that office, would have to nurse our poor stricken child back to life again, even if the terrible illness caused by the war lasted longer than we could foresee. And I am glad to say that the next meeting took place already in 1922 in Copenhagen, and that now we are all united again and ready to cope with the new problems confronting the International Council of Nurses.

Up till now, we have been working for the best of our profession to the best of our abilities. We have been accepting as members of our circle all the countries of the world, where the nurses had organized on a professional basis, and we have been helping them to stand firm for the solution, in the way

that we considered to be right, of the questions confronting every organization of this kind. Now it seems, as if this was not enough, as if new vistas were opening before us, a larger scope offering itself to our activity.

Nations where nursing was unknown have suddenly, by the war, come to the realisation of their shortcomings. They want nurses. They want the right education for those nurses. They want them to be as effective and as professional as the nurses of the old long-ago organized countries. Those nations turned to the sign that had been a token of help during the great disaster, to the Red Cross, and the Red Cross did all in its might to help them. The American Red Cross gave money and organized schools of nursing of the highest order put in charge of American nurses, who working in the beautiful spirit characterising their nation, stayed on only until the native women were found capable of overtaking the work. The Nursing Division of the League of Red Cross Societies in Paris also did most excellent work in giving assistance in many ways, by advice, by money, by visits of members of its staff, and by giving education in institutions with high and old traditions to people from those new countries who were to become the leaders of the new movement in their respective lands. It is to this end that the League of Red Cross Societies has instituted the course at Bedford College in Public Health Nursing for International students, a course which is giving the best possible results, and beside that, it has sent fully trained and capable nurses to start schools in countries where the demands for such schools were pressing, until such a time as there should be a woman of the country trained and ready to overtake the work.

Through the courtesy of the League of Red Cross Societies I have been put in a position to see by myself parts of the work done by its Nursing Division, and I must say that never have I realized as now the wonderful help the older and more experienced country can be to the younger one, the great need for help and advice existing and eagerly sought, and the truth of the old saying "noblesse oblige."

We, the older countries with organized systems of education, with nurses organized on a professional basis, had everything. We were meant to give our experience, all we had attained, to the countries that were so eagerly calling for it in the difficulties of their organizing. And I am glad to say, that through the Red Cross they are getting this information, and that the Red Cross is gathering it from the countries where the best is attained in nursing, and the nurses of the world are helping it in its endeavours to give assistance and support to the nursing coming into existence. It was strongly felt that, to secure experienced advice, the Red Cross ought to confer with representatives of the profession, and to that end an Advisory Board of Nursing composed of six professional experts was this year nominated by the League of Red Cross Societies in Paris, and has for the first time these days given its recommendations as to the nursing policies of the League.

So to resume this very brief outline of international aspects in nursing, there is at present existent the International Council of Nurses, which is the professional union of all nursing organizations founded on a professional basis.

There is the work being done for the betterment of Nursing Education and organization in counties where those things were unknown. Much of this work is done by the League of Red Cross Societies and the National Red Cross organizations.

There is for the education of International Students for leadership in their own countries in Public Health Nursing and in Administration and Teaching in Schools of Nursing, two courses in London in connection with Bedford College for Women, and lastly, there is the Advisory Board of Nursing of the League of Red Cross Societies in Paris, whose duty must be to co-ordinate and direct the work done, so that it is pointing toward the same goal, the prevention and relief of suffering through a nursing profession well equipped for this attainment and with the highest professional ideals.

MURE MEMORIAL HOSPITAL, U. F. C. MISSION, NAGPUR.

Thirty-three years ago the United Free Church of Scotland began medical work in Nagpur. Patients were treated at first in the dispensary or in their homes, and only after three years was a hospital begun in a very modest and tentative way, with a single bed, in a small hired house in the bazaar. The first in-patient was a poor Mahar woman, the next was of the Maratha caste. Gradually beds had to be added till they numbered ten. In 1896, through the generosity of two ladies in Scotland, the Misses Mure, the original buildings of the present hospital, with twenty-four beds, were erected, a purdah-nashim Mohamedan patient being the first to enter. Additions have since been made as need arose,—private rooms, an open-air ward for tuberculosis, a Parsi maternity ward, family wards and two beds for European patients,—until in 1917 there were fifty-five beds in all. Last year a Bohra Ward was erected by the Bohra community adding another four beds. This year considerable additions have been made, namely, a nurses' hostel which accommodates thirty nurses: it has a large dining room, a prayer room, and a Badminton court in the quadrangle; a maternity block, consisting of a labour room and four lying-in wards; three new family wards, and an out-patient dispensary which has been named the Sir Ratan Tata Dispensary, the cost of which has entirely been covered by a munificent donation from the trustees of the late Sir Ratan Tata.*

An increasingly important department of the hospital work is the training school for nurses, and in this connection the hospital is associated with other six mission hospitals, that of Nasik, Poona, Ahmednagar, Miraj, Vengurla and Bilaspur, forming the Joint Missionary Board for the Examination of Nurses in the Marathi area. The full course lasts four years, and 27 are at present in training. Lectures are given to the nurses by the doctors and nursing sisters in Marathi, Hindi and English. The hospital trains also its own compounders.

* A description of these new blocks and an account of the opening ceremony appeared in the September number of the *Nursing Journal of India*.—ED., *N. J. of I.*