

them is that they require so much time that they are interdicted for many of us.

To obtain success in our profession, as in all others, requires strict attention to our work through days of depression and of weariness and through days of strength and courage, but the power of application is limited, and unless by due mental and physical relaxation we keep ourselves in good condition, our unstrung nerves will refuse to do our bidding, become our rulers instead of our obedient servants, and we shall fail to do the work which our schools and the community have a right to expect of us.

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## THE STRUCTURAL ELEMENTS OF AN ALUMNÆ ASSOCIATION

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TO THE minds of many unacquainted with the procedure, the organization of an *alumnæ* association seems a stupendous undertaking. Yet the structural elements are really of the simplest character. "How shall we start?" "How proceed?" are the questions constantly asked by nurses who have been awakened to the necessity of organization, perhaps through the pages of *THE AMERICAN JOURNAL OF NURSING*.

The first element: A ruling spirit or spirits; someone to suggest, to push the matter along when once started, inspire confidence, and arouse interest and enthusiasm.

The second element: A willingness on the part of sister nurses to unite and be led on to a successful issue.

We sometimes hear the remark: "Our school is small; our graduates few. We are scattered. Our efforts will not be successful."

Even though the school be small, there should be an *alumnæ* association. The graduates from a small school, lacking the opportunities afforded by a larger hospital, need an *alumnæ* for the sake of the course of study or lectures it will probably arrange; the use of the registry; the various forms of work it may inaugurate, such as visiting or district nursing. A code of ethics will probably be adopted whereby a nurse is inspired to higher ideals.

The privilege of joining the Associated *Alumnæ* of the United States if her school meet the requirements or an associate membership may be granted, giving her the opportunity of attending its meetings and listening to papers and discussions by the best women in the nursing world. These are some of the advantages to be obtained by organization.