

## 37. My Preparations for Visits

IN my visits to the hospitals I found it was in the simple matter of personal presence, and emanating ordinary cheer and magnetism, that I succeeded and help'd more than by medical nursing, or delicacies, or gifts of money, or anything else. During the war I possess'd the perfection of physical health. My habit, when practicable, was to prepare for starting out on one of those daily or nightly tours of from a couple to four or five hours, by fortifying myself with previous rest, the bath, clean clothes, a good meal, and as cheerful an appearance as possible.

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