AUGUST 16, 1888.]

sweet as sugar after a shower. Anything with a green leaf is the thing, depend upon it, if you want to live healthy."

DIET TABLE FOR HOSPITAL NURSES,

to five heating.														
SUPPER.	Cold beef, bread, butter, coffee, milk, or beer.	:	: :			: :	: :	2 :	. :	: :			2	2
	milk	:	: :	: :	2	:	: :	: :	: :		: :		-	:
	coffee	:	: :	: :		:	: :	: :	: :		1		8	2
	butter.	:	: :	: :	h ,,				bread		boiled mutton or ham ,,	butter	2	*
	bread.		pie		or has	l bread	:	: : 	boiled beef, bread	meat or hash "	l mutto	bread,	:	2
	d beef.	mutton	meat pie	,, beef	", rabbit or hash ,,	Cheese and bread	Cold beef	mutton			boiled	" beef, bread, butter	Cheese	Frumity
	00	:				<u>ں</u>							ů	Fru
TEA.	Tea, bread and butter, sometimes cress, &c. Sundays, jam or cake.													
DINNER.	Roast beef, potatoes, green vegetable, milk pudding	Roast mutton, potatoes, green vegetable, suet pudding				Fish, potatoes, milk pudding, or fruit pie	Roast beef, potatoes, green vegetable, fruit, and bread	Roast mutton, potatoes, salad or stewed vegetable	Boiled beef or mutton, carrots, turnips, potatoes, milk pud'g		Fish, potatoes, boiled mutton, carrots	Roast beef, potatoes, green vegetable, Yorkshire pudding	Fish, potatoes, fruit pudding	Irish stew, potatoes, ginger pudding
LUN- CHEON.	, 01.	Bread and butter, or Bread and butter, or cheese, coffee, milk, or beer.												
BREAKFAST.	SUNDAY Tea, fried bacon, bread and butter	MONDAY hread and butter	eggs		cold bacon		eggs	SUNDAY Tea, fried bacon, bread and butter	MONDAY ,, bread and butter	eggs		cold ham		¢ggs
	on, bre	d butte	5	ŝ	"	2	:	con, br	d butte	2	:	=	2	2
	ied bac	read and	"	"		"	"	ried bac	read an	"	"	"	:	"
	Tea, fi	'n	5	"	÷	°	2	Tea, f	ч "	2	"	:	:	:
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturdav , "

HOSPITAL SKETCHES. --- No. 3.

THE SISTER,

(Continued from page 240).

N ten minutes Sister Doris returns, having comforted No. 9 with permission for "one

of them blessed poultices," in the remedial effects of which he has absolute faith. "And now, my dear," she says, "I want to hear something, about the Sister and her duties." So I take up my MS. once more, and read aloud my own opinions, by no means a pleasant proceeding :---

The position of Sister in a Hospital Ward is one of vast responsibility and influence. Although working under strict and detailed regulations, herself subject to discipline, we shall find that practically the well-being, comfort, and happiness of every patient and worker in the Ward is largely dependent upon her. She should be, in the widest sense, the Mother of her Ward. Patients, Nurses, Ward-maid, must be looked upon as her childrento be guided, helped, protected; and in return she will expect, and doubtless receive, from them affection and loyal obedience. Once let her consider them in this light, and she will recognise at once the vastness of her influence, her enormous power for good or evil, and how essential it is that she should at all times strive to set an example to her subordinates, of what she knows they ought to be.

The best material for a good Sister is, of course, a good woman. Let her beyond all things be sympathetic, firm, and true, an enthusiast in her work, fearless in the performance of her duties, cheering and decided in manner, wholesome in appearance, possessing a refined and cultured mind; and last, but, oh ! not least, the bump of organisation. Woe to the Ward, Patients, and Nurses, where a Sister presides, let her be never so sweet, who is devoid of this rare and priceless quality! Discomfort, and, in consequence, discontent, is sure to be the result; and dust, outward symbol of general mismanagement, will quietly settle in corner and on ledge, in calm defiance of hygienic law.

There is no doubt that, as well as many special graces, a Hospital Sister must possess her seven senses, not only intact, but educated to the very highest pitch of perfection possible. In our wellordered Hospitals of the future, the whole Nursing Staff, Sisters included, will be supposed, like other human beings, to require ample leisure as well as work, so that her duties may be performed in the *most* efficient manner. She will, therefore, be on and off-duty at certain hours, and will be invariably represented during her absence, night or day, by a Staff Nurse of unquestionable experience and fidelity. She will be provided with well-cooked,



