

less that, although they have extensive establishments, and the Nurse may be charged with the comfort of a near relative, they do not even have a room prepared for her accommodation, but expect her to sleep, and perhaps take her meals, in the sick room.

Every Nurse knows that her position in a family is professional, although her remuneration includes, in addition to a pecuniary fee, board and lodging. There is no hardship in taking her meals in her own room, and she has no right to expect the family to extend to her the courtesy of an invitation to join them. At many tables a sensitive woman would experience the most unpleasant sensation of feeling out of place, while there are often difficulties, such as the case being infectious, or the meal times occurring during the Nurse's hours of rest, which preclude her from joining the family. However, she should always make a point of complying, if possible, when asked to meet the convenience of the family, by taking her meals with them. At the present time there is little fear of her being asked to take a seat at the servants' table, but if nursing sick children she will naturally take her place at the nursery table.

Above all things, it is desirable that a private Nurse should not be on the look out for slights, or be over-sensitive as to the way she is treated. If she has any real cause of complaint, she should speak to the head of the house, or to the Doctor in attendance; never under any circumstances should she address any complaint to the patient, or to any subordinate member of the household. Trivial matters and unfortunate modes of speech in those with whom she comes in contact, should be regarded as training in self-control, rather than as grievances; while irritability on the patient's part may be looked upon by the anxious young Nurse as a hopeful sign of impending recovery, to be met by a graceful apology or gentle disclaimer of any intention to annoy. Kind-hearted but irritable patients are often subject to fits of contrition and self-accusation, far more trying than irritability, needing soothing rational treatment, but by no means encouragement, for on the mental quite as much as on physical rest, recovery will in most cases depend. The Nurse who can keep her patient always placid, but never dull, will earn the gratitude of all concerned in his recovery.

THE intellect of the wise is like glass, it admits the light and reflects it.

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PRIZE ESSAY COMPETITION.—V.

"DESCRIBE, IN FULL DETAIL HOW A NURSE CAN SPEND HER HOLIDAY."

BY MISS ANNIE BLISSETT.

"Only the toilers know
The sweetness of rest and calm."—F. M. II.

A NURSE'S holiday! Women nurtured in the lap of luxury, with whom to desire is to possess, and who suffer from ennui and dissatisfaction, would have difficulty in understanding the sensations of a Nurse, who awakens at six o'clock in the morning and remembers that she is "off duty" for a whole fortnight: two weeks in which to breathe God's pure air at leisure; to hear no more the moan of pain; to see no more the blue shade she knows so well, creeping, creeping over the supine face; to fold no more rigid hands, and to perform no more the last acts of kindness for those who have passed beyond the need of human tenderness, and beyond the reach of human pain, into the land where they say no more, "I am sick." She is glad to give herself to this work; and it is truly herself she gives—her strength, her time, her intellect, ungrudgingly; and no worker more truly needs and earns a rest—a complete change from consideration of sickness to contemplation of health. Otherwise there is danger of her viewing the world as one gigantic Hospital, and surveying mortals generally with a view to mortality. And contracting egoism regarding the life work chosen, simply engenders contempt for our sisters who devote themselves more exclusively to the outward and visible adorning of the wonderful human mechanism which we make our study.

For the Nurse who can claim a home it would be useless suggesting places of interest in which to spend her holiday. The home may be a poor one, or the skeleton that mars domestic peace may be there; but nowhere else can she find the arms that bore her in helpless babyhood, with that mother-love, which is still the holiest thing on earth. The cords of affection will draw, though they have worn weaker, and many strands have cut and broken away in the passage of time, and the press of other things. But the sweetness of home life and home love will draw the workers and wanderers, as the needle is drawn to the pole; and the parent's welcome, with the memory of that welcome, will brighten the life that lies between.

For Nurses to whom the word "home" is only a remembrance, and practically signifies the house presided over by the kind "Sister," there is no better refreshment than the ozone of the sea, and the sea with every subsidiary healthful auxiliary. With our network of railways, there are places

[previous page](#)

[next page](#)