

"Ladies' dress, without doubt." This answer did not refer to the comfortable and suitable dress worn by Nurses. Perhaps my own partiality for Nurses, their work, and their dress, is unusually great. Still I know that many people greatly admire Nurses' dress, for the remark, "How nice the Nurses look! How pretty they look in their plain dress!" has often been made to me. I always agree with the remark, and have often said, "Yes! Don't you know why they look so sweet? Is it not because their dress has nothing ridiculous about it, and because it is suitable, simple and clean?"

In thinking about Nurses' dress, how instinctively the mind turns towards the first impressions made upon it in the first Hospital where the earliest experience of Hospital dress, as of all other Hospital matters, was gained. It seems to me that the uniform then worn there was like one of Beethoven's sweet chords—soft and gentle, with no sharp in it. I fear I introduced the first sharp by making blue and white striped galatea the Lady Probationers' uniform. Well, it is pretty and serviceable, and, after all, I do not know that the harmony was spoiled; it was only changed a little. The Head Nurses wore silver grey alpaca; the Nurses that sweet shade in lilac that Miss Nightingale says is the best Nurses' colour (their print dresses were a small check in lilac and white); the Probationers wore a narrow stripe in the same lilac and white; aprons white linen, and not so pretty as the present style; linen collars and no cuffs.

"No cuffs! How shocking!" I almost think I hear in chorus. I do not think so. The dress sleeve was a small "bishop," with a tidy wrist-band. I still think this sleeve the most convenient, and therefore the most suitable, sleeve Nurses can wear. The large, spotless cuffs now so general are to me a constant source of surprise. I look at them, and wonder how Nurses manage to rub their patients with liniments, oils, &c., bath them, turn them, raise them, and the fifty other attentions patients are constantly needing, and still keep their cuffs spotless! I know that during the early morning work, cuffs are not worn; and that at other times they are often taken off, a troublesome proceeding. These spotless cuffs are not always provided for the Nurses, who are required to wear them, and also, in some Hospitals, to "get them up." The tight sleeve now generally worn is inadmissible, unless it will unbutton and turn up to the elbow; and when it is unbuttoned and turned up, its gaping appearance is almost ludicrous.

"Uniform" should be uniform, and that it may be regular it should be provided by the Hospital—nothing too expensive for the funds of the

Hospital should be indulged in. Nurses' salaries are not large; surely the straw for the bricks, in the shape of collars, cuffs, and sometimes even aprons, should not be exacted of the Nurses. Certainly every Hospital has the right to make its own arrangements with the Nurses, &c., it employs, and any Probationer applying at any Hospital is told the rules, and there the matter ends; this is quite right so long as the arrangements are just and fair. Uniform is part of a Nurse's salary, but to give only a part of the uniform, and yet to exact the wearing of the rest, seems not quite a desirable arrangement. The result sometimes is that even the dresses are not made alike, collars and cuffs are left to individual choice, the cap shares in the general want of uniformity, and the exceeding neatness of uniform is lost. I would not destroy individuality, even if it could be destroyed. By dress every one shows more or less his or her individuality. Fashion, that arbitrary mistress on the one hand, and useful servant on the other, may clothe a nation in almost the same style, yet no two people will wear the clothing in precisely the same way, or present the same appearance. Little scope as there may be for the majority of people to show their individuality in their taste, still a little spice of it permeates through all their wrappings, showing, to a certain extent, the character of the wearer.

Nurses' caps are at present a difficulty, not because there are no pretty caps—there are several pretty styles, and some of the Nurses also look very pretty in their caps—but the present fashion in hair-dressing does not "go," does not harmonise, with Nurses' caps. Some Nurses will put on a dainty cap daintily at all times, as they put on everything else daintily, and look charming always; others—well, perhaps the less that is said the better, but there seems to be a constant striving for the mastery between the hair and the cap, and the result is not satisfactory.

As this paper is to be on suitable clothing for Nurses, as well as on uniform, I shall venture to say a little about underclothing. Nurses in Hospitals are almost constantly exposed to draught; the thorough and "through" ventilation necessitates this. They often too become heated by the work they have to do; therefore, they should, even in summer, wear light woollen underclothing. Light grey beige is an inexpensive, comfortable, and useful material, and there are many other such materials, easy to make up, soft to wear, and that wash well. Certainly every Nurse should wear next the skin something less liable to chill than calico, even if only the summer gauze vests, that are only woven cotton, but of loose texture. French merino is a good medium material, and is not now expensive. If beige, merino,

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