

to *think* you have this love for the work ; you must *have* it. After one or two months' training you ought to know, and we shall be able to judge whether you have it or not ; and if you have not, then you had far better leave nursing and take to some other more suitable occupation.

Then, again, you should be fairly intelligent, physically strong, and in sound health, mental and bodily. This is your second requisite, and without it the first will be of no avail. Nursing is very hard, trying work, physically and mentally, and if your health is not robust you will break down and have to give up, however good your intentions may be. If you have a real love for the work, and good health and strength, then we shall have the right material to work upon, and by patience and perseverance on your part and ours, by sound teaching and incessant practical work in the Wards under trained supervision, we may fairly hope to make good Nurses of you by the end of your training.

But there are many other points to which I must ask your careful attention. Miss Nightingale, whom all Nurses, and indeed all people, should hold in the highest estimation, says that "to be a really efficient Nurse requires quietness, patience, watchfulness, method, accuracy of observation and report, gentleness, firmness, cheerfulness, devotedness, a sense of duty." There in brief is the whole duty of a Nurse. You ought to learn all those words by heart, and always bear their meaning in mind and act up to their spirit. If you have got a *bad temper* it is a very serious fault, and unless you conquer it you will never make a good Nurse. I will briefly touch upon some of the virtues Miss Nightingale names.

*Quietness.*—Never make a rush at your work. Always know exactly what you are going to do. Don't talk in a loud tone of voice, don't walk about the Wards or sick-room in high-heeled boots, or, indeed, in boots of any kind ; you should wear thin-soled shoes or slippers. Don't make a noise in stirring the fire, or rattle the fire-irons, and don't bang things on the table or elsewhere.

*Patience.*—In that you will be very severely tried, but you must come out of the ordeal unruffled, or you will do no good. Sick people are, as a rule, trying. You must remember that they are ill, and that the majority of sick persons haven't the best of tempers. You must be very patient with them, at the same time not neglecting any duty which you may have towards them. Your patience, too, may be tried by other persons about you besides the sick, but learn and practice humility and meekness.

Whatever her other qualifications, a woman cannot be a good Nurse unless she is thoroughly religious in the best sense of the term.

*Watchfulness, Method, Accuracy of Observation and Report.*—These may be considered together. Careful and correct observation is a most important qualification which we hope to develop during your training, and to which watchfulness and method will mainly contribute. You must practise the *habit of observation* and cultivate it to the utmost extent in your power. It is astonishing how large a number of people there are who go about with their eyes open, and without suffering from deafness, who yet see and hear so little of what it is their duty to see and hear. Don't you emulate such worthy individuals, or you will utterly fail as Nurses. We are all creatures of habit, and the habit of observation may be perfected by continual exercise. Houdin, the well-known conjuror, tells us he cultivated this habit for the purposes of his art. He began by trying how many volumes he could note the names of in passing a bookseller's window at the ordinary pace. Very soon he could observe and remember the names of every one placed side by side in a line in the window, by simply catching the title of each as he ran his eyes along the row, and he gradually developed this power to a much greater degree.\*

I need scarcely tell you now *what* to observe ; that will be taught you every day in the Wards, and will be the burthen of future lectures here. All I wish to impress upon you now is the importance of being watchful, of going about your work methodically, and of learning how to observe accurately and to report correctly what you observe.

*Gentleness.*—Be gentle and tender in all your dealings with patients, not rough, or giving them pain in anything you may have to do for them. Be gentle also in your manner towards them.

*Firmness.*—This is also a most important qualification. Whilst you are quiet and patient and gentle with the sick, it is still necessary to remember that you have certain duties to perform, and here your firmness, softened as it were by those other qualities I have named, will be brought under trial. You must be firm with the sick, but quietly, and patiently, and tenderly, and this exercise will be beneficial to you in many ways.

*Cheerfulness, Devotedness, a Sense of Duty.*—Ah! how much meaning there is in those words, rightly comprehended! A Nurse is worse than useless without these attributes, and it is hard to say which is the most important. Fancy a surly Nurse, or one that is grumbling and discontented, and yet such are not rare. Under whatever circumstances you may be placed, trying as at times they may be, you must endeavour to be cheerful. Your devotion to your work and your sense of

\* Anderson's Medical Nursing, p. 18.

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