

## POST-CARD EXAMINATIONS.

WE are pleased to be able to announce that the *fourth* of this series of examination questions has been most heartily responded to, the following having secured the prize of a book or books of the value of five shillings:—

*Helena N. Anderson, M.B.N.A.  
29 Alva Street Edinburgh*

*What do you consider the number of hours or length of time suitable for Nurses:—*

- 1<sup>st</sup> The hours of work in a general hospital should not be more than 9 or 10 hours at the most.*
- 2<sup>nd</sup> 8 hours for sleep.*
- 3<sup>rd</sup> 3 hours each day for out-door exercise, morning and evening; alternately, and one day every month wholly off duty.*
- 4<sup>th</sup> Breakfast is usually taken before going on duty. Dinner 1 hour. Tea 1/2 an hour. Supper and prayer 1 hour. In private nursing the hours entirely depend on circumstances.*

*I am a Subscriber.*

We particularly desire to draw our readers' attention to the examination question given in this issue.

*\*\* Some other answers received and deserving honourable mention.*

*"What do you consider the number of hours or length of time most suitable for Nurses:—(1) For work; (2) For rest; (3) For recreation; (4) For meals?"*

*MISS ZELLA BELL, M.B.N.A. :—*

- (1) For work, twelve hours.*
- (2) For rest, eight hours.*
- (3) For recreation, two hours.*
- (4) For meals, half hour for each meal, lunch excepted.*

*MISS EDITH ELLEN LEWIS :—*

- (1) Work, twelve hours.*
- (2) Rest, eight hours.*
- (3) Recreation, two hours.*
- (4) Meals, two hours.*

*A holiday once a month of an entire day, and six weeks' holiday in the year.*

*MISS MARY JOHNSON, M.B.N.A. :—*

*The hours of duty which I consider not hard are from eight a.m. to eight p.m. (breakfast 7.30), half-an-hour allowed for lunch, an hour for dinner, half-an-hour for tea, three hours' recreation, either outdoor or in after eight p.m.; half a day every week, from two to ten p.m.; one Sunday a month from ten a.m. to ten p.m.*

*MRS. M. A. CORE, M.B.N.A. :—*

- (1) Work, twelve hours.*
- (2) Rest, eight hours.*
- (3) Recreation, two hours.*
- (4) Meals, half-an-hour for each meal, allowing a Nurse four meals daily, and not expecting her to stay in the dining-hall the whole of the time.*

*MISS SARAH CHILD, M.A.B., M.B.N.A. :—*

- (1) For work, twelve hours a day.*
- (2) For rest, eight hours a day.*
- (3) For recreation, two hours a day; half a day every other week; two weeks every year.*
- (4) For meals: breakfast, half-an-hour; dinner, one hour; tea, half-an-hour; supper, three-quarters of an hour.*

*MISS ELIZA ALLEN, M.B.N.A. :—*

- (1) That Nurses should work ten hours.*
- (2) That they should have eight hours' rest.*
- (3) That they should have three hours' recreation.*
- (4) That they have half hour to breakfast, one hour to dinner, half hour to tea, and one hour to supper.*

*MISS EMILY SANDERSON, M.B.N.A. :—*

*During the day of twenty-four hours I consider thirteen hours not too much when varied by*

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