

POINTS FOR PROBATIONERS.

BY MISS E. J. R. LANDALE

*(Lady Superintendent of the Fleming Memorial Hospital, Newcastle-on-Tyne).**(Continued from page 137.)*

HOW to stand is a very important point. You will never look awkward if you do not allow yourself to get into a bad habit. Stand on both feet; it is in every way best, and least fatiguing. The soles of the feet are meant to rest on, but if you stand only on one, or wear heels which throw all your weight on the toes, no wonder that "standing is so fatiguing." Train yourself in this, and make a point of never lounging, leaning against beds, and lolling against tables. When you acquire the habit of standing straight and upright, you will find it much less tiring, and you will neither look nor feel awkward. Some girls never seem to know what to do with their hands; don't think about them, or about yourself at all, and they will fall into their right place, and so will you.

In her chapter of excellent advice to "Would-be Nurses" Miss Wood enumerates the qualifications which it is necessary for you to develop or acquire, and I cannot do better than put them before you. That the same qualifications go to make an excellent woman in any walk of life is certain, and of some of them I trust you are already possessed before you enter on the profession which requires them all to be put in practice.

(1) *Quietness*.—Cultivate quietness at all times, in movement and voice. If there is need for speed, you will act far more quickly by going about quietly. The Nurse who runs and rushes is often hindered. She does not stop to shut the door, but it bangs and catches her skirt in it; she rushes round the bed, but her apron or some chain catches on the bedstead. To move swiftly, without the air of hurry and fuss, is a great virtue. Fussiness is intolerable in most things and people, and most intolerable in a Nurse. Notice that I say "at all times." For you must not put on a manner. "Never put on—that is to varnish;" take off—that is real polish. Polish away that rudeness—this awkwardness; rub down your own corners, and you will be the less likely to knock up against other people.

(2) Without *Presence of Mind* a Nurse is nearly useless. The quiet person is likely to be able to learn easily to have "that calm collected mien in

the face of danger, or in the presence of an emergency, that enables the Nurse to see at a glance what is required, and gives her steady nerve to do it." "The entire absence of self—self-pleasing and self-love is the ground-work of Presence of Mind."

(3) *Gentleness* implies patience; and the best way to be patient with those you are nursing is to be in sympathy with them. Think what you would feel in their place, and such feeling will for ever banish all roughness in thought and manner towards them.

(4) *Accuracy* is a matter I cannot insist on too strongly. It is indeed, Truth; nothing is too small for the principle of truth to enter into. Never be afraid to say you did not notice or observe exactly. Far better be censured for inattention than attempt to give the answer required, which you can only do approximately, and therefore may mislead, and do great harm. Closely allied to Accuracy is

(5) *Punctuality*.—Train yourself in the habit of knowing what o'clock it is. Learn to know how long it takes you to do each separate piece of Ward work; how many minutes it takes to make a bed, &c. Punctuality in leaving the Ward is as necessary as Punctuality in entering it. Above all things, be perfectly exact in giving medicine.

(6) *Memory*.—There must be no such thing in a Nurse's work as forgetting. Never say "I forgot." If you have left undone that which you should have done, call it by its proper name, and say, "I neglected so and so." You can do a great deal towards cultivating memory; write down the things you are apt to forget; make a real effort. One hears people say, "Oh, I have a bad memory," much as they might say they had large hands. It is a thing to be treated and cured. Teach yourself to banish from your mind all matters that tend to make you forget what it is your duty to remember. I have said your life must be one of self-denial and discipline: and you must sacrifice your dreams and discipline your thoughts to the business in hand; and without such discipline of mind you will never learn.

(7) *Observation*.—Learn to see, to hear, and to smell. The first thing a Probationer ought to learn to see is dirt and dust of all kinds. Do not despise your housemaid work in the Wards. Accept gladly the training you get from those over you in the observation of small things; that in dusting a corner has been omitted; that in scrubbing a "high-water mark" has been left;

Loeffund's Malt Extract Lozenges contain 30 per cent. "Pure Hordeum" with white sugar. Best lozenges for children, delicious flavour, very digestible, cause no acidity. Invaluable for throat affections. In tins and bottles, 6d. and 10d. R. Baelz and Co., 14-20, St. Mary Axe, E.C.

Loeffund's Alpine "Cream-Milk," pure, sterilized, unsweetened) condensed on Professor Dr. Soxhlet's principle and directly under his supervision. The richest, most nourishing, and delicious. Best and safest condensed milk for infants. Scarcely to be distinguished from the finest fresh cream. 6d. R. Baelz and Co. 14-20, St. Mary Axe, E.C.

[previous page](#)

[next page](#)