

in women. Inspire them with the grand old Nursing spirit, and their lives are beautiful."

"I thought *real* Nursing was altogether a thing of modern growth," I say, astonished.

"The science of Nursing—yes—not the *spirit*. We require a combination of the two to bring Nursing to maturity; it is science that has suggested organisation, hence the chaotic condition of our craft. In consequence, we Nurses are in a state of transition; but the very best Nurse will be evolved out of the turmoil by and by; when the public are sufficiently educated in sanitary matters to demand the highest type of Nurse, she will be there. The demand will create the supply. At present our system of training is greatly at fault; we are attempting to train race horses at the plough. The spirit is willing, but the flesh is weak; naturally failure is the result."

"You are grandly strong," she says. "Husband your strength; health is a Nurse's greatest treasure; it is a priceless jewel, which must be jealously guarded; no Nurse can perform her duty in the *most* efficient manner without it. I will give you a little homely advice: keep scrupulously clean and eat well. Perhaps, just at first, you will not fancy the Hospital diet; then buy food, if you spend your last penny. You know it is very difficult to cook daintily for a great number."

"I don't think I do know it," I answer flatly; "it can be done well and cheaply at a restaurant. Why not in a Hospital?" (You know, Jean, how I blurt things out.)

Sister laughs. "Quite right," she says, "and I hope the day is not far distant when some of our great food contractors will undertake the catering and cooking in our large Hospitals and Infirmarys; the present system is eminently unsatisfactory. I won't make any more excuses, but I love this old Hospital so devotedly I long to believe it faultless. But to proceed: Go to bed early; never ask for a late pass; you cannot burn the candle at both ends, and unless you avail yourself of every hour you can get in bed, your work will suffer in the morning. Then take all the fresh air you can get—a few miles on the top of a tram, if you are too tired to walk, will help to keep you in health. You must be healthy for your patients' sakes; and let them be your first consideration under every circumstance. Eat, drink, walk, sleep, read and enjoy, so that you may be of greater use to them, and you will find your work absolutely absorbing and sufficient. During your term of training you will have energy for very few outside interests; remember you are a *student*, and study requires concentration. But your higher nature must be gently tended: at all times be

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[previous page](#)

[next page](#)