

the weary back-aches and heart-aches with which I sought and found the secrets of Ward spotlessness. But the value, to a Nurse, of this experience, does not consist in developing up a keen sense of criticism for her friends' housewifely shortcomings, but in the building up of a knowledge that is most necessary in the training of others. A good Matron, as she passes through a Ward, should be able to see with a practical eye the merest speck of dust on the highest shelf, and to feel with a mental prescience the condition of the tightly-closed cupboards! And it is just this power which a personal acquaintance with the broom, the duster, and the mop, can give.

\* \* \*

AFTER the first year of probation, the Nurse should then be relieved of the actual cleaning of the Ward, although, of course, she must superintend and be responsible for the workers under her authority. It is not necessary for a Nurse to devote herself during all the years of her training to so much manual work, because by so doing she must neglect the more professional part of her education. To raise the dignity and status of our work, we must raise the standard of the art of Nursing higher and higher, and this cannot be done so long as the greater part of

Hospital work is totally unconnected with the patients.

\* \* \*

MANY Nurses must have felt during their training, as I have done, that Ward routine and work made up the greater part of Hospital life, with attention to the patients thrown in at odd times as one could find leisure. How many times must a really good Nurse feel heartsick at having to bid a sick patient "wait" for something which to him seems the most important thing in the world, while she, with true sympathy for him in his need, must keep him uncared for while she polishes up the inkstand and arranges the "doctor's table" for the early morning visit.

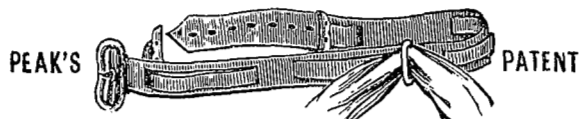
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So poor, tired Nurses, when I advocate a new subject such as Sick Diet and Cookery, I mean it not as an additional burden, but as something to take the place of work which has no immediate relation with the patient, and is necessary only during a short part of the training. No one will dispute that it would be most valuable if Matrons were trained to think that the Food Department of the Hospitals under their charge was a very important trust. It is too often looked upon as disagreeable "housekeeping" which is

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