

called *emergencies*, incident to human kind, and be trained to act with quick and accurate skill to obviate the consequential danger. Of the *armamentarium medicum* she must understand enough to fully realise that it is an extremely dangerous matter for her to attempt to use its agents without direction. As a physiologist and hygienist she must fully appreciate the importance of proper nutrition, and should be thoroughly taught, and know herself, how to prepare varieties of food necessary for the sick, and be able always to know whether the food served is of the proper quality and quantity for the patient of whom she may have charge. Especially must a Nurse, nowadays, understand what surgical cleanliness means, the means of obtaining as nearly absolute cleanliness as possible, and the influences which favour infection or microbic invasions generally. The modern theory of disease is that it is, almost without exception, the result of microbic infection. A Nurse's duty requires her to know the modern means of destroying germs, and how to prevent their multiplication, and by this means prevent the spread of diseases.

This is a long catalogue of necessary acquirements, young ladies of the Training School, but you will some day know that it is not too long nor too full. Indeed, in a few years it must be extended. Medicine is progressing, and as educated Nurses you must keep pace with your branch of the profession. Besides all this acquired knowledge there are certain innate qualities without which all this will be well-nigh useless to you. Nurses, as well as poets, "*are born, not made.*" Alert, quick, painstaking, vigilant and untiring you *must* be, and even more. A Nurse should possess a degree of *finesse* and conscientiousness which never fails, a sense of duty which impels her to discharge with the same diligence and care the menial and so-called small affairs which belong to the care of the sick as the large and conspicuous ones. It is comparatively easy to perform the duties which will be seen or which will be required by the Physician; but there are a thousand little things which add to the comfort and general well-being of a patient which the Physician may not think to require, and which are not seen by the family nor, perhaps, even by the patient: it is the punctual and careful performance of these small offices that shows a good Nurse. Were I to put in one sentence the best advice I could possibly give a Nurse as a guide in all her work, I should say: *Above all things, do not despise little things, and*

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*discharge the smallest detail and most menial task with the utmost care and vigilance.* It is the neglect of small things which is the bane of humanity, and that which makes only partial success or failure!

It is a law in sociology that supply and demand must regulate compensation. The ranks of Trained Nurses are being rapidly increased, and competition is very sharp now amongst Nurses. It must necessarily follow that compensation for the services of Nurses must be lessened to increase the demand, or else that the supply of Nurses be diminished to keep up the scale. We know that instead of any prospect of diminution fresh provisions are being constantly made for the education of Nurses, and that the yearly increase is becoming larger every year. This must of a necessity drive the poor and indifferent Nurses out of the profession, or reduce the scale of compensation far below the present rate. You will have to face this alternative very soon after leaving your school. At first, perhaps, the reputation of the school may serve to find employment and proper compensation for a Nurse; but when finally its fostering care is removed, the Nurse must stand or fall according to her own individuality. Remember that axiom of success: "There is always room at the top." In order to have permanent success you must make yourselves *worthy* of the good fortune. People are always willing to pay more for expert counsel, or a specialist's advice; they will be just as surely willing to pay well for a superior Nurse.

The idea of pecuniary success is, after all, not the proper standard nor desire for a Nurse. Those of you who enter the profession with the hope of becoming rich will be wofully mistaken, and had much better leave the ranks at once. If you are successful, you will earn your "living"—nothing more. Your true and best reward will be the consciousness of having performed arduous duties in the best possible manner, and as the duties all appertain to the bettering of the condition of your fellow-man, the nobler idea of reward will be the accomplishment of the greatest good to every individual under your charge. This involves great self-denial and much self-restraint. In order, therefore, to rise to the zenith of your profession it is absolutely necessary that you have an absorbing love for the work.

Associated, as you will be, with mankind in states of mental weakness and disquietude proportionate always with the physical weakness and distress, great drains will be made upon your

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