

your ways. That the work is engrossing and her free time weighted by fatigue, is no excuse for a Nurse ignoring her responsibility in respect of her own nature. A frequent danger of community life lies in the indolent habit of not only accepting, but reiterating and often exaggerating the expression of common grievances and hardships regardless of whether such be ill-founded or well-founded. Some are by nature weak and easily led, and adopt the opinion of another simply because they have no ability to form one of their own, but there are others who have plenty of ability to form an opinion who are too indolent, too weakened by their own sloth, moral and intellectual, to bestir themselves to sift a popular view, and that even though they feel nearly convinced of its unsoundness. It is so easy to fall in with the majority, to talk as others talk, and to adopt the general tone around one, but one's own power to form an opinion is a responsibility, and no one has any right to fall in with a general cry or grumble until she has taken the trouble to look into the matter, weighed both sides, and then if she forms an opinion it will be her own, and not a mere easy-going acquiescence in that of some one else. Were Nurses faithfully to follow this rule we should hear less of disloyalty; and real wrongs would be more easily righted, for a Nurse's opinion on the subjects which concern her life most nearly would carry more weight than they do at present.

Nurses have often said to me, when I have appealed to their own sense of what was right or fitting, "Oh, yes, I would never have thought of such a thing at home, but in the Hospital it is so difficult not to do as others do." If you know a thing to be right, every time you refuse to act on that knowledge, you are blunting your moral nature (and paralysing your will), and every time you act as in your inmost heart you know is right, in spite of the temptation to do otherwise, or to let things slide, you are strengthening and quickening that moral nature.

"Keep thy conscience sensitive :  
No inward token miss.  
Perfection lies in this."

It is in the quite small details of daily life that this tells; as surely as by little and little one may fall, so surely by little and little one may rise. Watch earnestly against those things which may lessen your acuteness of perception of truth, purity, reverence, honesty, love, and tenderheartedness. The constant sight of the suffering of those who are under our care for a time, but in whom, but for that circumstance, we are without personal interest, is to many natures a great trial of tender-

heartedness. I can hardly conceive of a result of her work more serious to a Nurse than any loss of tenderness of feeling. Be ever on the alert against it. Remind yourself that your patient is not a mere "case," but a fellow human-being delivered bodily into your hands. You must be very sensitive for them. Their weakness, their weariness, their pain, must be touched and soothed by your sympathy, not necessarily expressed, but ever present and more pervading than you can guess; just as much as by the medicine you administer and the fomentation you apply. Especially, you must feel this in the case of the aged, the unconscious and little children. Cultivate reverence: never lose it for the aged chronic patient in their second childhood—so familiar to the workhouse Nurse—any more than for the little child whose helplessness appeals to you so strongly. Try to see, not the wreck of manhood or womanhood, but rather the soul that is within the dimmed and scared vessel of the body; the soul, not so much as you fancy it to be, but the soul at its best, as God sees it, as God loves it.

When a woman first enters a Hospital, she is met by much that shocks and distresses her. The deadly harvest of disease, following on forms of sin she has known little or nothing of—for nature shows no pity, and "as a man sows so must he reap." She has work to do, or witness being done, for her patient she never thought possible. "You will soon get used to it," the shrinking Probationer is told. In one sense, you should never "get used to it" if that expression means get hardened and blunted. The pure minded woman can do anything for her patient, not because her feeling is hardened and her modesty dulled, but because she has such a great reverence for the human soul temple, and can, therefore, perform the most trying office for the helpless without showing any consciousness of its repulsive character, seeing and feeling in her patient the help-needing humanity. At the same time, precautions must be taken in every possible way to preserve modesty and decency in a ward at all times. In a children's ward, this caution is as much, if not more, needed as among adults, for the sake of the children, but also for the sake of the Nurse herself.

There is no greater safeguard for purity of soul than great watchfulness over thought; dismiss at once from your mind those duties so trying to womanly modesty, and above all, never speak of them.

No one has more need of absolute truthfulness than a Nurse. Watch yourself in this; train yourself to be exact and accurate in little things. Much

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