

of the training you receive will go to help you to become exact in externals, but you must cultivate the spirit of truth in your own nature. For instance, you may appear with exact punctuality at the hour your rule requires you in the ward or at prayers, but if you are not ready you are injuring your sense of truth. Every time, when you are late in the morning and instead of making your bed you cover it up with a pretence of having done so, you are sinning against your sense of truth; and all eye-service which says "it will do, no one will see," has the same effect. You must think exactly, and must take the trouble to realize what is truth and what is untruth both in your feelings, and in your motives, striving to keep your inward mind clear that you may be able to perceive the true, and follow it in thought, word, and deed.

Few Nurses realize how rare among them is perfect honesty. Real honesty requires thorough work, no quality of work below your best; true expression, no little insincerities and prevarication; honest deeds, no wasting of hospital or patients' possessions. The misuse in any way of things belonging to, or in your charge for the good of, another is breach of trust and nothing short of dishonesty. Remember, in Hospital, it is the possession of the poor you have under your care and you are as much bound not to waste safety pins and lint, as you are to take due care of the finest instrument.

Self denial enters into all the parts of self-training, physical as well as moral. To have a sound mind in a sound body as a Nurse, you must be constantly exercising a wise self-restraint. You must learn to weigh, with a very fine balance of duty, your inclination and your disinclination. Many things allowable to you must be renounced; many pleasant things become impossible to a Nurse if she is to keep herself at her best—physically. While on the one hand you must do all you can to prevent your interests and your ideas becoming narrowed down to the Hospital and its work, on the other your work demands the very cream of your efforts and gifts.

When you are off duty, consider how best you may spend your time in order to go back fresh to your work, fresh in mind and body. To do so, means not only recreation in its truest sense, but the carrying of new strength to others in their work and weariness. If you rush away hurrying, and so exhausting nerve-power, on some fatiguing expedition, you may indeed find refreshment for your mind and come back with new ideas, but only at the expense of a body fagged and wearied, which goes heavily through the remaining duties of the day. If, however, denying yourself the pleasure of an attractive expedition, you take instead the constitutional, perhaps rather dull, in fulfilment of your duty to get out of Hospital air, and return to take a quiet rest, you can then refresh your mind

and change the current of your thoughts by reading, and thus you will re-enter your ward much the better for your absence—your work will be more efficient, your judgment clearer, and your temper calmer. All this, however, requires no little self-denial and endurance of will.

In the stress of work, under the fatigue and hurry of our daily life, of routine and emergency, it is an exceedingly difficult thing for a woman to keep up her intellectual life. This is all the more so, because the type of woman who makes the best Nurse has generally the practical side of her nature more developed than the intellectual, and, no doubt, there is some foundation for the accusation that Nurses are so hospitalized, that they have no ideas outside their profession. It is certainly interesting and absorbing, and I am quite prepared to allow, that to follow lectures intelligently, and prepare for examinations, real hard reading is necessary. What a Nurse needs, in common with all those whose lot is cast with narrowing forms of semi-professional work, is to widen her field for ideas; to make a definite rule of reading, and what is of more importance, of thinking, on other subjects besides those the Hospital work keeps before her so constantly. When this is done, the woman's whole power is increased, and her judgment in matters which more directly concern her work becomes clearer, and more sound, besides which, she will carry into her work a freshness infinitely refreshing both to her patients and to her fellow workers. No Nurse should rest satisfied with training which is merely professional unless she uses such as a field for the disciplining and development of her higher nature as well as for her practical capacities; above all, she should be on her guard against being one person in the ward and another person out of it. She must not put on a manner either of thought or speech; she must be herself if she is to be really powerful in the wards—and the world.

"To thine own self be true,
And it must follow as the night, the day,
Thou canst not then be false to any man."

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