

to keep yourself in good health, good spirits, and steady nerves. For all these I recommend attention to diet, fresh air, and sleep. Perhaps you will tell me these are the very things most difficult for a Nurse to control in their own interest, but, with self-denial and common-sense much may be done. Be very strictly self-denying in the matter of tea. Never drink tea that has stood long, do not drink it when eating meat, and beware of taking it too often in the twenty-four hours. Learn to drink cocoa, many people who say they cannot drink cocoa get to like it if they only persevere. Do not eat things which you know disagree with you just because you like them. Exercise self-denial in small things, avoid stimulants always; if you get exhausted take beef-tea or coffee, but *never work on alcohol*. If it be only for twenty minutes or half an hour, try to get out daily. There is nothing like fresh air for making you sleep and keeping your nerves steady. Once out, a night nurse is often tempted to dawdle about. She feels almost too tired to go in and go to bed, again self-denial must be exercised. Perhaps you have only six hours for sleep, run out for twenty minutes and do not be tempted to stay, go where you will get the freshest air, and you will come in much more fit to profit by your remaining five and a-half hours of rest than if you had gone to bed straight from the sick-room. Remember that when the body is tired you are much more apt to catch cold, and therefore you should be warmly clad, and that brings me to the very important point of Nurse's dress. To begin with underclothing, it should be woollen and cover neck and arms. You will also find it a great safety to sleep in a woollen nightdress. With regard to external dress, Nurses who are unconnected with any institution are apt to be extravagant, and to get into a very unsuitable style of dressing, both out of doors and in the house. A Nurse's dress cannot, of course, be called uniform unless it is like others, but each may introduce a uniformity in her own. Whoever wears the dress of a particular profession is responsible to that profession for her manner and behaviour while wearing it. The responsibility of the wearers must, therefore, be to live up to the standard they acknowledge by their dress.

In all uniform there is a consideration of the convenience of the individual by the adaptation of the dress to the work they are engaged in. Surely, in no profession is such a consideration more needed than that of the Nurse; and in no profession is the sense of fitness more necessary to be developed. I fear it is a sense far from common among Nurses. The almost universal desire shown among Nurses to adopt one style of dressing points to the fact that they feel it to

have advantages. These are, that it is economical of time and money, two things Nurses are usually short of. A cloak and bonnet are so quickly put on, and as to economy of money, no one who has not tried it would believe how much one saves when once the uniform is got, *if one wears nothing else*. It is when a Nurse tries to wear two styles of dress that it becomes an expense and useless, for inevitably the two get mixed. A Nurse should never be conspicuous, to be so is against the whole spirit which should dominate her life; and yet, with flying cloak and jangling scissor-chains, apron and white cuffs and collar, she attracts notice far more than the quietly dressed girl who loses part of her precious outdoor time by changing her dress. I always think, when I see one of those aggressively conspicuous Nurses in the street, that in the sick room she would be aggressive also, whereas, the Nurse who wears her cloak to cover her dress and keep her warm, and who has left her apron and scissor-chains at home, gives one the idea that she has a sense of fitness, and values things for their uses and not for show. While the outdoor dress is important, the indoor dress is not less so. Choose your cotton or stuff gown, the shape of your apron, cuffs, collar, and cap, and let them be such as may be easily washed. As for the cap it should be worn so as to cover the hair, protecting it from dust; and the hair should be worn smooth, and not as a frizzled trap to catch floating particles. The apron is intended to protect the skirt and bodice. If it is necessary to have a pocket in it, and surgical Nurses find it convenient, let it be made French-fashion, and not a piece of linen sewn on, to catch on every corner; let it be used of necessity, and not kept full of every sort of thing, from a nut to a forceps. I would advise straps to the bibs, because few Nurses can manage pins in a satisfactory manner, and most certainly I advise that the apron be left at home when a Nurse goes out for a walk. When you are on night duty, be just as careful about the tidiness of your hair and the cleanliness of your apron as you would be on day duty. Never appear without your cap, and try to look as nice and fresh when you are nursing a housemaid as you would if you were nursing a duchess. When called up, for an emergency, out of your sleep, you may be obliged to go into your patient's presence in a dressing gown and slippers, but nothing but an emergency can warrant a Nurse appearing *en déshabille*.

A Nurse's shoes are an important part of her dress. They should be broad, soft firm leather, and low-heeled for her own comfort, noiseless and neat for her patient's comfort.

There are some more personal matters about

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