

One gives to seniors, 1½ hours off; 1 gives to juniors, 1 hour off; another gives 1 hour daily; another 2 hours once a week; another gives 1 hour 4 days in week; another gives 2 hours 2 days in week; another gives 3 hours 1 day in the week; another gives 1 hour 3 days in the week. In the other Hospitals no time off is allowed during the day.

*Weekly.*—Half-days, however, seem to be very generally considered essential, and I find that 98 schools give 1 half-day weekly; 4 schools give 1 half-day on alternate weeks; 1 school states that half-days are given *sometimes*; the remaining 7 make no mention of half-days, but 2 schools give 1 day each alternate week; 2 schools give 1 day each month, and 1 school gives a day "occasionally."

*Sundays.*—The hours off duty on Sunday are also variable, and range from 1 whole Sunday in the month to ½ of each Sunday, or of each alternate Sunday. Forty-seven schools give a half of Sunday; 4 schools give 5 hours on Sunday; 25 schools give 4 hours on Sunday; 13 schools give 3 hours on Sunday; some give 3 hours every other Sunday; some 2½ hours.

*Time for meals.*—One hour for dinner is allowed in 12 schools; a half-hour in 98.

*Lectures.*—In almost all schools each Nurse has one lecture weekly, but 12 schools reported that each class of Nurses has two lectures weekly. Whether these come during the time set apart for rest, or in the evening after the Nurses are off duty in the wards, I have not been informed, but probably the latter.

*Classes.*—Thirty-seven schools have 1 class weekly for seniors, and 1 for juniors; 28 schools have 2 classes weekly for seniors, and 1 for juniors; 26 schools have 1 class weekly for seniors, and 2 for juniors; 15 schools have 2 classes weekly for both; 4 schools have 3 classes weekly for each.

These have each 1 hour off duty daily, but statements are not made as to whether the classes are held in this time. In the majority of schools I believe the classes are held during the hour or hours allotted for rest and recreation, but my information on this subject is not sufficiently definite to enable me to make a statement concerning this point.

*Hours for Study.*—Forty-seven schools require their Nurses to give a minimum of 1 hour daily to study. Fourteen of these schools give but 1 hour off daily, and state that they require their Nurses to study (at least) 1 hour a day, in some instances under a supervisor.

One school giving 1 hour off duty daily states that the Nurses are required to give 2 hours daily to study. This would allow for rest and recreation the *remnant* of those evenings in the week *not occupied with class, lecture, and the*

*additional hour for study for which the day does not provide.* Another school expects its Nurses to study 2½ hours daily, and another 1 hour daily and 3 hours once a week, this latter of course occupying the afternoon off duty. In one school where the working day is one of 11½ hours, with no time off duty during the day, it is stated that 1 hour for study daily is required. Another writes frankly: "The Nurses' rules require them to study 1 hour daily, and I give them enough work to make that and more necessary." Here, however, 2 hours daily off duty are allowed. In one Hospital where but 1 hour is given daily there are daily classes, and lectures twice weekly. In another, with 10½ hours a day on duty in the wards, and but one hour off, the Nurses are expected to do from 1 to 2 hours' studying daily. And in yet another, with a working day of 11½ hours (it would be 12 but for the necessary half-hour for dinner), it is stated that the Nurses must attend the lectures of the house staff 3 times a week. No time daily is considered necessary for recreation, but I quote the last paragraph of the letter as being worthy of attention: "Each Nurse is allowed to spend 3 hours *once* every week, and a *whole* afternoon once every fortnight at her convenience. She receives a vacation during the summer of between 8 and 11 days."

In regard to classes and lectures after hours, in one Hospital where Nurses are off duty at 7.30 p.m., seniors and juniors each have 2 classes each week in the evenings from 7.45 to 9.15. Each class has also 1 lecture, and with "quiz" upon this another evening is taken up. This means practically 4 evenings each week devoted to mental labour. It would be interesting to know in how many Training Schools the classes, as well as lectures, are held at night after the day's work of 9, 10, 11 or 12 hours in the wards is done.

It would be interesting to know in how many schools the Nurses get the full hour or even half-hour allowed for meals, or in how many Hospitals the exigencies of their work compel them to go without some meals altogether, possibly for several consecutive days; also in how many Training Schools the Nurses get the allotted hour or hours off duty daily—the half days or portions of Sunday regularly.

In regard to special duty and night duty there is but little to say, but we find concerning the former that after 20 hours on duty, one may be restored by 4 hours' sleep.

Night duty varies from 12 hours, which is adopted by almost 70 per cent. of the schools—to 13 hours—and 13½ hours. Each period of night duty may be of 1 month's duration, 2 months, or three months.

To the working day of 10½ hours, which is

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