

it was worry, and only worry that brought it all about. It is true that a man may worry for many months without a visible ill effect on his health, but it is only a question of time when the dominating idea—the cause of his worry—will master first his will, then his brain, and finally his body.

Scientifically, but little is known about those subtle senses—perception, thought, judgment and reason—except that they are closeted behind the frontal bones, and that it is here that the will power is generated to be communicated to every other part of the body. The cells located here, some of them in constant service, others acting only now and then, are the most important in the brain. They are the mental citadel, and it is here the awful malady we call worry makes its first deadly assault."

### The Training of Male Nurses.

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As you have expressed a desire to know something more about the training, etc., of male nurses in America, at the Mills School, which is connected with Bellevue Hospital, I wish to say at the outset whenever an applicant passes muster in the little room just off the main hall, on the left, as you enter, it is his own fault if he does not go through to a successful finish.

A person wishing to enter the School has to fill out an application blank as to age, condition, moral standing, habits, etc., signed by himself and countersigned by two or more persons who are well acquainted with him, one of whom must be a physician. Upon notification, you make your appearance in the little room referred to, where you pass under the critical eye of Mrs. Willard, the Superintendent. From there you are ushered into the Board Room. The Board of Examiners are in session, and as Mrs. Willard introduces you to a number of gentlemen, all physicians, their searching glances make you feel—well, you try it and see if you can describe it! But you feel better as you are smilingly requested to take a seat and answer a few questions as to your early training, amount of schooling, whether you use stimulants or tobacco in any form, and to what extent. And I tell you, you had better tell the truth, for there is one person hearing all this who never forgets. Your general health is also looked into, and, in fact, you are pretty thoroughly gone over.

No preparatory nurse-training is necessary to make one eligible, but candidates must be between the ages of twenty-one and thirty-five.

After passing the Board (no, they do not all pass) you are at liberty the balance of the day, in which to get yourself and baggage together and take your bearings. A room is assigned you, which you are expected to keep in "apple-pie order."

The next morning you are assigned to either a medical or surgical ward under the guidance of a Head Nurse. You don a long white apron, and are ushered into the mysteries of making beds, using a broom and mop, cleaning vessels, and, in fact, making yourself generally useful. By the time your probation month is up, you are a fairly good housekeeper, if you have done your duty.

Many do not go beyond the first month. It is not the picnic they were looking for, so they drop out, or get a telegram or letter from home, presumably, that some member of the family is sick, and, of course, they have to go home. No, they don't come back.

After your first month, things move along much smoother, but woe betide the nurse who is caught using tobacco in any form while on duty during any time of his service; and a man might just as well pack up his trunk and go home if he undertakes to use stimulants in any form.

You are gradually trained to take care of the sick, render some minor assistance to the nurses over you during surgical operations, give out medications, and prepare yourself for night duty, which generally falls to your lot about the end of the third month.

During the first few months, Mrs. Willard delivers lectures and holds quizzes on the care of the sick, anatomy, preparation of foods, taking the temperature, pulse and respiration, making poultices and stupes and applying them. You also receive dissertations on cleanliness, morality, and the dangers of going to sleep while on night duty.

Mr. Peterson, the Assistant Superintendent, also delivers a course of lectures on nursing, and officiates in the capacity of Instructor of Nurses as well.

After doing from thirty to sixty nights of duty, you are transferred to another part of the hospital, either on the medical or surgical side as the case may be, and installed as junior nurse. By this time you are expected to be pretty well in harness and able to do anything you may be called upon to do to the extent of your training.

As you progress from Junior to Senior, and then to Head Nurse, you are taught to prepare different kinds of medicated dressings, both wet and dry, and apply them, dress wounds, mix solutions, administer medicated baths, give hot and cold packs, prepare for and take charge of surgical operations, dispense medicines to a certain extent,

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