

London Hospital, who gave evidence before the Committee, emphasised the necessity for making the Superintendent Nurse directly responsible for the nursing to the Guardians, to whom she should make her reports. He advocated the appointment of a Matron-in-Chief, of the inspection of infirmaries by nursing inspectors, and of the organisation of the nursing in these institutions from a centre. He advised the Committee that the Local Government Board should, if necessary, obtain an Act of Parliament giving them the powers required to enforce a proper standard of nursing, and said, "The world would be with you in saying these poor people should be properly nursed." It is regrettable that Mr. Holland should have expressed the opinion, which he admitted might not be very popular, that "the three years' system has been an absurd fetish." A minimum standard of qualification is essential in the organisation of any profession, and the three years' standard has now been adopted by the large majority of the nurse training-schools, and was reported by a Select Committee of the House of Lords to be the shortest time compatible with efficiency in training.

Evidence was also given to the Committee by

Mr. Malcolm MacNeill, Vice-President of the Local Government Board for Scotland.

Sir Henry Robinson, Vice-Chairman of the Irish Local Government Board.

Mr. Grindle, First Clerk in the Colonial Office.

Mr. Tillotson, Chairman of the Yorkshire Poor Law Nursing Board.

Miss Lee, Secretary of the Meath Workhouse Nursing Association.

Miss Kett, Secretary of the Northern Workhouse Association, as well as by

Medical Officers, Masters, Matrons, and Superintendent Nurses of Workhouses, Guardians, Clerks to Boards of Guardians, and others.

Lastly, in this brief survey we must draw attention to a Memorandum, included in the Appendix, by Miss Louisa Twining, whose opinions must always have weight in regard to Workhouse Nursing.

She urges the appointment of "a far larger number of women inspectors for all the country workhouses, who should be trained nurses; for gentlemen without medical training to examine into the state of the sick in infirmaries is preposterous and unreasonable."

She further advises the separation of the infirmaries from the workhouses, and thinks they should be put under the control of a head nurse, and the medical officer. "What class of persons," she asks, "would ever consent to work under those who had no knowledge of their trade?"

Miss Twining also advocates the formation of a Nursing Department by the Local Government Board, and believes that the prestige of belonging to a State Department would attract many nurses to the Service.

Self-Discipline.*

By EMMA L. STOWE,
*Superintendent of Nurses, Connecticut Training-School,
New Haven.*

When the council's letter came, asking me to write a paper on "Self-Discipline" for this meeting, many things passed through my mind, and many nurses passed before me who had been helped to become efficient, capable, trustworthy workers, holding prominent positions in the nursing world, by encouraging this strong factor—self-discipline.

It is not of rapid growth, but slow, though sure to bear good fruit. It begins with an ability to bear disappointment with cheerfulness and self-poise, and continues on through life; for, once acquired, it becomes a part of one's self—a strong, character-building quality, bringing out one's reserve force in the hour of need.

Self-discipline should be taught early in the nurse's course; she should be told, when a probationer, that self-restraint and self-reliance are needful; that she must put forth her best efforts, make up her mind that nothing short of the best she is capable of will be acceptable to those in authority, and that she must succeed.

A proper amount of encouragement should be given, while the nurse is made to feel that she is being observed and her work criticised for her good. She should accept criticism as it is meant—in friendliness. We must make the woman in her feel that where much is expected, much must be given; for we give that which is expected of us, whether much or little, if we are in earnest. Whatever we are satisfied with is our portion from others.

Again and again we need self-discipline to reconcile us to duty. Who does not at times fret at work to be accomplished? A duty calls, we attend to it; we think we can rest, be free from care; but an emergency arises obliging us to continue our numerous cares, and we seem to have strength given to us to go on—I had almost said indefinitely—before the rest we have been looking forward to can be attained. We are never free from responsibility in some form or other after we have reached the years of discretion. Duty after duty and care after care are ever before us. Disappointments must be met with a smile, or possibly a sigh. When we would be free and amused, we must be ready to accept the commands of circumstances, which are always changing and urging us to our utmost efforts.

Accordingly, self-discipline becomes a part of our character and of our moral life. It helps us to bear our trials and tribulations with fortitude and equanimity.

* Read at the Convention of the American Society of Superintendents of Training-Schools for Nurses, Detroit, September, 1902.

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