

In training our nurses I do not know how this lesson can be taught with impressiveness except by precept and example. Let the nurse understand that when a duty has been given her to perform, no matter how difficult or unpleasant, she must act from a high sense of responsibility and perform that duty as faithfully as though she felt the eyes of the doctor or those of her superintendent upon her.

Self-discipline tends to make the nurse self-reliant; it gives her a truer insight of the work, and she works from a higher motive and with a clear and distinct knowledge that nothing but her best efforts will avail. She will never be automatic or machine-like in carrying out orders, a fault often complained of—justly or otherwise. Her sympathy for the patient will cause her to be gentle, thoughtful, and tactful.

Self-discipline strengthens sympathy. She has become more sympathetic through self-discipline; without sympathy she is without the very keynote of nursing, which depends upon sympathy for success—not the sympathy that simply expresses a wish to do something to relieve, but the good, practical sympathy that puts one's hand into one's pocket, as it were, and does something that is really helpful.

Let the nurse feel that her success depends on her ability to overcome her own physical desires; that she must be willing to give up many comforts—even needed rest, if necessary—when duty demands her services.

She has entered upon a work where human lives are at stake, and nothing should interfere with her assuming all the responsibilities of such a work and life. It is no slight undertaking, but the work of a strong, vigorous nature, toned down by experience and the successful overcoming of one's self. She is a wise nurse who learns this early and profits by the teaching.

If we are to study, we must have in mind the end to be attained. We must seek to know all that relates to our special work.

We shall not reach perfection—unfortunately that is not to be attained—but we may approach perfection, and that principally by our own efforts towards character-making. That every victory over one's self opens possibilities for further victories is well known. The self-disciplined nurse will always be in demand. In the hospital ward, as she assumes one post of responsibility after another, she will be recognised by the quiet order which prevails, by her gracious dignity, and the manner in which she appeals to the best in her assistants. Her influence is greater than she may know, and there is an atmosphere of peace and order that seems natural to that ward. Her own grievances and trouble are not allowed to appear in the ward, and no one is aware that the head nurse is sick or upset in any way. Thus, by keeping good control

of herself she conquers all obstacles, and is looked up to and loved and honoured by those connected with her. When she enters the homes of others as private nurse, seeking to make a reputation for her own future welfare, she will be a comfort to those in grief or trouble by her calm personality and the quiet self-control which leads the weary and heart-sick members of the family to rely on her and to put their burden on her strong shoulders, feeling that she is to be trusted until they can take it up again. She may never realise what she has been to those in affliction, but they will always remember her. Her position in the hospital has neither made her arbitrary nor domineering, but has brought out and developed those qualities that are purely womanly, that she may have been unconscious of possessing. It will never be said of her that she is lacking in sympathy or tactfulness. Her very presence will be a blessing in the household of the suffering.

I do not doubt it will take years to acquire the self-control and self-poise so necessary to develop the self-disciplined nurse.

### The Citizens' Coronation Fund.

A meeting of the Executive of the Citizens' Coronation Committee was held at 17, Nassau Street, Dublin, last week, when the Chairman reported that the fund now amounted to £3,622 0s. 10d. A letter was read from Mrs. Cooke, Hon. Secretary Derry Committee, stating the progress made by her Committee in Derry. A letter was read from Mrs. Brown, Merrion Square, and a direction given that she and Miss Blount be invited to the next Conference with representatives of the nurses.

### A Model Isolation Hospital.

Some pleasant things were said at a meeting of the Southampton Health Committee, when a letter was received from Miss A. M. Bushby, the Matron of the Isolation Hospital, resigning her position on her appointment to the North-Eastern Hospital for Children, London. The Committee passed a resolution expressing their satisfaction at the way in which Miss Bushby had performed her duties, and a member of the Committee, whose boy had been in the hospital, said that from what he heard from many of his constituents, some of them the poorest of the poor, the Matron's kindness to all the children was simply wonderful. The children were so well looked after that they were sorry when their time for departure arrived. Alderman Walton said that children who had been in the hospital cried to return to it. A complete change had taken place in the last few years in relation to the Isolation Hospital. This shows how much the efficiency of the nursing-staff of a hospital, more especially of the Matron, has to do with its popularity.

[previous page](#)

[next page](#)