

path, but they wax confident and sure of my sympathy when decrying the "waste of time" caused by their social duties. I entirely fail to agree with them. I think they ought gladly and thankfully to take their part in all social pleasures suited to their age and position, regarding them—if they *must* have some self-conscious view!—as a welcome opportunity of widening their acquaintance with life, and thus growing in the tolerance, sympathy, and understanding in which youth is inevitably lacking, and also of acquiring the *savoir vivre* and *savoir faire* so needful if we would attain even the smallest measure of success.

Self-control.—Dare I speaking of the necessity for self-control? How many of these would-be nurses tell me that they "cannot get on" with this member of their family, "have no patience" with the other, and really seem to think that these signs of an exacting, irritable or intolerant temper in no way detract from their suitability for hospital life! But if they have "no patience" with their nearest relatives, persons bound to them by a thousand ties, how can they hope to have it with strangers, whose different upbringing will cause them to grate in a thousand ways on fastidious natures? Let them consider this, and try at all times and in all places to exercise that benevolence in small things which is courtesy, and that generosity in small things which is good temper.

Faithfulness to Duty.—It is far too much the custom with girls in their own homes not to consider themselves bound to a regular and unbroken performance of their duties. They undertake to make the family puddings and pies; but one day they have a trifling headache, and another they wish to take a long walk, or to make up arrears of sewing and letter-writing. The mother, vexed at their untrustworthiness in trifles, is considered "fidgety," and the schoolboys, disappointed of half their dinner, are called "little gluttons." They take charge of the flower vases, but one week it is too damp to go into the garden, and the next there is no need to trouble because "no one" (*i.e.*, no one but their unhonoured relatives) "will be there to see them."

With the future nurse this must not be; duties once undertaken must be carried out regularly, unless there is a valid reason for the omission. This faithfulness will form the most invaluable part of her self-training.

If some such course of preparation as this were followed, how plain and easy the probationer's path in the hospital would be, and how few would break down from worry or overwork! As to the Ward Sisters—well, the very thought of their bed of roses fills me with retrospective envy.

Some jewellery belonging to the nurses at Holloway Sanatorium, Virginia Water, was stolen on Monday night. The thieves escaped.

The Future Training of the German Nurse.*

By Sister AGNES KARLL,

President of the German Nurses' Association.

There is hardly a profession in which the personality, character, and talent of the individual is of so great importance as in the profession of nursing, because in no other is human material so continuously acted upon. Not only for a few hours, as the scholar under his master, does the patient remain under the influence of the nurse, but day and night, with all his bodily and mental needs, sufferings, and weaknesses, is he absolutely dependent upon her. Upon choosing this profession too serious a test cannot be imposed as to whether the necessary qualifications of mind and character are present; whether enough capacity for self-denial and understanding is there in order to undertake without failing the responsibility of the care of a human life, to maintain, in the darkest hours of bodily and mental suffering, composure and courage, to support the patient and those belonging to him; never to lose presence of mind at sudden emergencies, and not only to care for the patient at all points, but also to pay sufficient attention to the preservation of personal health, a matter often sadly neglected.

It cannot too often be emphasised that the nurse must not be too young. Young girls of eighteen to twenty cannot possibly possess the bodily and mental resisting power that is necessary, and the early withdrawal and breakdown of our nurses is certainly mostly to be attributed to their entering the profession at too young an age. Twenty-two to twenty-three years of age should be the earliest for admission for training.

A few years of active domestic work, preferably in a strange household, can only be regarded as commendable preparation, as the capability of our present generation of nurses leaves much to be desired in this respect, and in our profession should almost be regarded as compulsory.

As in Germany the earliest attempts at nursing proceeded from clerical authority, religion has, for a long period, been regarded as the chief foundation of our profession, and only during the last few decades has the necessity been recognised for special professional training. As the fountain of the indispensable patience and devotion, religion will also be for all time the strongest pillar of a profession which makes such high demands.

As the rapid development of culture generally during the last decade caused great increase in medical science, the demand grew for a school for nurses to assist the doctors.

Again, the experience of the wars of the last decade, which was contemporary with the most important advances of surgery, made a considerable change in the conception of nursing. The necessity for training nurses was soon perceived, and many an eminent medical man regarded it as an honour to do his best in forwarding the movement. Some of our best books of instruction came out at this time. Unfortunately, the interest of the medical world in trained nursing seems since then to have declined to a critical extent.

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[previous page](#)

[next page](#)