

"At first, when preparing to adopt the general examination, it was feared that opposition would be met with from many hospitals, but this was not the case; in fact, the movement was welcomed, save by a few private institutions. The only certificates now recognised, save those of years' standing, are issued by the general board, and as the examinations are as carefully made as is the case in any university examination, there can be no possibility of carelessness or favouritism. It is the aim of the Association to go still further—to encourage nurses to improve in their profession, and to award further certificates of proficiency. This will be specially the case with Matrons, for whom there will be lectures and examinations. Also a domestic economy class will be the aim of the future, and Matrons and Sisters will be taught how to completely control all the commissariat of a hospital. Each general hospital will thus be training, not only its nurses to be nurses, but to be the future Matrons, and the latter will only obtain positions by the necessary qualifications.

"All the training in the world will not, however, necessarily make a good nurse. She is born, not made, and she must add to her technical knowledge sympathy, tact, and common sense. Doctors universally agree in placing common sense and sympathy very high indeed in the qualities of a good nurse. When nursing was first adopted as a profession by women of education, there was a sudden rush to the ranks of girls whose imagination painted an ideal life of devotion and self-sacrifice. On finding how hard and frequently commonplace was the work assigned them they instantly grew disgusted. Now that the glamour has gone, and the world is aware that a nurse must be a strong, capable, practical, sweet-tempered woman, whose work can never be comfortably rounded into eight hours, but more often runs into eighteen, the woman who enters the profession knows what she is doing, and abides by it. She benefits by the Association, as, apart from its raising the grade of teaching, it also brings individuals into closer contact, and gives a sense of comradeship.

"In America, which in this connection is ahead of all countries, there are progressive classes of all kinds for nurses. Great Britain is as yet far behind, owing to the extreme jealousy of long-established interests, which refuse to give way to innovations. The Victorian Association was permitted to term itself 'Royal' by the courtesy of Her Majesty, who was approached by means of an address forwarded by members of the Council. The journal *Una*, which is the organ of the Association, aims at interesting not only the profession, but women who take any interest in matters concerning their sex. The National Council of Women is represented in it, and it opens its pages to correspondence on the questions of the day which directly affect women's interests."

## Practical Points

A nurse writes in the *Queen's Ring and Horse-Nurses' Magazine*:—"I often make ring and horse-shoe pillows.

filled with oat 'flight,' and find them very useful and comfortable, as well as easily made and cheap. They take the place of air or water pillows quite well in many cases, and can be burnt when soiled. The cost is about 2d. each, for any farmer, when threshing, will give a large bag of the 'flight' or chaff, which can be used as needed. It makes also capital beds and pillows, much to be preferred to the flock or straw ones found so often in poor homes, but they want refilling at least once every year. For small children they are particularly good, as, with the cover washed and fresh 'flight,' a clean, fresh bed is easily made. Wheat chaff is not nearly so good, though better than straw, and, as it is used for feeding horses, it is more expensive than the oat chaff."

### Care of the Hair.

That the condition of the hair depends entirely upon the care given it is untrue. It is natural for some women to have long silken tresses when given only moderate care, while others must be content with a coarse, short growth, though devoting hours daily to its care. However, in most cases, beautiful hair is the result of daily attention. In the first place, the hair should be combed twice a day—in the morning and just before going to bed. Nothing is so injurious as rubbing the hair against the pillow when coiled tight and pinned. After brushing and combing at night, it should be braided loosely and tied.

Dandruff is the most common and disagreeable disease of the scalp, and, if not cured, will cause the hair to fall and lose its gloss. Shampoo the head once a month with tar soap, and at night, before braiding the hair, apply the following: Glycerine, powdered sulphur and borax, 1 drachm of each, mixed with 7 oz. of rosemary water. Rub this in well, and be persistent in its use.

There is an art in washing one's head and hair, and, if rightly done, it is no easy task. First, the yolk of an egg is rubbed over the scalp, using a small brush; then the head is washed with warm soapy water to remove the egg, for if a particle remains it will dry stiff and make a snarl not easily combed out. Next comes rinsing in several waters to remove the soapy smell and stickiness. If the hair is oily, add a little bicarbonate of soda to the rinsing water to give a soft, fluffy effect.

Wipe the hair gently with towels as dry as possible and let it hang loose an hour or longer. A sun and wind bath will take away any sour smell. Never coil the hair until it is entirely dry, and never dry it before a hot fire.

If you wish to ward off grey hairs and find them growing, do not pull them out, but aid the hair glands in their lack of secretion of sulphur by washing the hair often with sulphur soap. Two ounces of bay rum mixed with half as much tincture of cantharides is a good wash for dry, brittle hair.

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