

interest of the money invested will not admit of the Society rendering help as freely as they could wish to nurse-members who are incapacitated from ill-health. A Sub-Committee was appointed to consider the matter.

### The Beauty of a Life of Service.\*

By ALICE LUCAS,

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"Be diligent after thy power, to do deeds of love; think nothing too little, nothing too low, to do lovingly for the sake of God. Bear with infirmities, ungentle tempers, contradictions; forego thyself and thine own ways for love, and He whom in them thou lovest, to whom thou ministerest, will own thy love, and will pour His own love into thee."—E. B. PUSEY.

In this age when new theories, new ideas, and new achievements surround us on every hand, telling of an awakened intelligence and progression in all scientific branches of thought and study, what is more natural than that we nurses should look forward to the higher development of our profession and to a time when we will hold a position which all will recognise as supreme in its service to others.

Since the heroic work of Florence Nightingale down to the present time there has been no other factor that has done so much to relieve suffering humanity and destroy vice and wretchedness as this army of brave women, who have so persistently struggled to overcome the many difficulties that have presented themselves in the march towards higher achievements. Upon the battle-fields, in the midst of the din and confusion and agony, these women of courageous heart and earnest purpose went forth to the accomplishment of a mighty work of service to others; and angels of light and mercy they proved to many a soldier boy, not only lifting the cup of cold water to famished lips, or stanching the life-blood, but teaching them in the dying hour the way through the dark valley and of the Home beyond. In the hospitals, sanitariums, and asylums how often have they proved a "cup of strength" to the weak and helpless; and what of the thousands of homes where loved ones' lives have been saved because a faithful nurse had given herself untiringly, and spoken words of hope and comfort, in that dark hour?

To us these noble women of the past have relegated their work—the right to think and act for those who need our care, and give to these weary and distressed ones the best we have to give—our time and health and a spirit of cheerful willingness to soothe their hours of pain. What strength of purpose and energy have come to us as we have thus ministered! We recall the battles fought with disease beside the bedside of some sick one, fearing that, in spite of all our tender care,

\* Read at the graduating exercises at the Sanitarium, Clifton Springs, N. Y.

Death would gain the victory, and when we knew recovery was possible our souls have thrilled with unspeakable thankfulness and we have counted as naught our toil and anxiety; or if the Death-angel has been present, can we ever forget those moments when we strove to soothe the departing spirit, or offered a word of consolation to those left behind? As we recollect these memories, who can measure the depth of the beauty of a life spent for others? At such times the desire to be strong for others, to be true to the ideals of our womanhood—for our ideals we may keep always with us till we grow into the image of them—has been our first consideration. To every nurse must come, first of all, the desire to be a true woman—one in whom are thoroughly developed all womanly instincts: intelligence, sympathy, tenderness, tact, faithfulness, truthfulness, love, the purpose to lead an earnest, useful life, that we may help and cheer others along the road of suffering that is the lot of all. To cultivate these qualities is no easy task. It means subjecting ourselves to discipline, to learn to do the hard things cheerfully, to gain self-control through self-sacrifice, and to love our work. Love will lead us to overcome the difficulties, it will permeate us with the desire to be noble and strong for others in their time of weakness and suffering. If to one we may bring a lesson of patience, or share the burden with another, our lives, humble though they may be, will not have been lived wholly in vain.

The demand of us is to fill well our calling in whatever sphere we are placed; the voice of inspiration may be heard often through the realities of life, and "honest duty, faithfully performed," will bring its own reward. Our success in our profession depends largely upon ourselves; but if we carry with us the same pure desire, high thoughts, and ideals of service that have been formulated within us while we prepared for the great battle of life, our work will not fail either for time or eternity.

Our work is among the noblest given to woman-kind to fill. Let us fill it with the spirit of Christ. Let us bear our own troubles so cheerfully and bravely that weary ones looking upon us may be strengthened and encouraged. Being called to this ministry of serving, let us live in all true womanliness and usefulness, that we may prove a blessing and inspiration to those "whose lives are touched by ours."  
—*American Journal of Nursing.*

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[previous page](#)

[next page](#)