

of office; the Staff Nurse is also there, ready to place screens, remove clothing, poultices, dressings, and what not; ready too, to carry away what is done with, and to hand whatever is needed; finally giving the doctors, fresh water and clean towels, when their round is over. The Probationer left the ward at half-past 10, for being yet somewhat new to the work, the strain is great, and morning recreation is best for her.

Now preparation is made for the patients' dinner. Napkins are spread for those who may not rise; the table-cloth is laid, the little etceteras placed, and bread handed round! Sister sends to-day broth for those on ordinary diet, with afterwards a plate of meat and potatoes; for those on low diet, rice pudding and fish; extra diet being chicken, beef tea, and milk pudding.

For drink, some have beef tea, some milk, a few stout or beer, and the rest, water. The ward-maid helps to carry the crockery out, and washes it. Now the long morning work is over; Sister returns to her room, and Nurse is in charge until half-past one. When Sister and Probationer return, the Nurse leaves for dinner, Sister gives the afternoon medicines, the Probationer sweeps the ward floor, removing all signs of dinner. At two p.m. either Nurse or Sister helps the Probationer to renew poultices, fomentations, and it may be, ice-bags.

Afternoon is comparatively a quiet time. The patients sleep, or go out, only serious cases or fidgetty patients require much attention; the Sister or Nurse is off-duty, first one and then the other; the Probationer is not left alone, but most of the small afternoon attentions, until tea-time, are given her to do.

The patients' tea-time is drawing on, Nurse or Sister, and the Probationer are preparing bread and butter, and at half-past four (except on Sundays) tea is carried in.

At five o'clock Sister is on duty alone until 5.30, when the Nurse and Probationer return from tea; she gives the evening medicines, and then, if she chooses, retires to her ward sitting-room for an hour or so. Sister takes breakfast and tea in her own room. At six, Nurse generally sets about some special evening work; it may be one night, polishing bowls, trays, &c., another, tidying and washing lockers; or it is "toe night," a very refreshing evening. At seven, the steady evening work of settling patients begins; those very ill have their hands and faces washed (all should have), all beds are made comfortable, poultices and fomentations changed, foot warmers given, fires made up, temperatures taken, supper carried in, and the crockery removed again; evening drinks prepared, and at eight p.m. the lights are lowered, and Nurse or Probationer is off-duty. At 8.30 talking is forbidden, and the night Nurse comes on duty, to whom the Sister gives written directions about those patients

who require special care, special medicines, special feeding, &c. On visiting afternoons, Sister and Nurse remain on duty, the Probationer has leave of absence from 2.30 p.m. for afternoon recreation, and for evening class instruction or study. In summer those off-duty at 8 p.m. have leave to go out until nine; at nine, the supper bell rings; at 9.30 Nurses, servants, &c., assemble in chapel for evening prayer; at ten, Nurses and servants go to bed, and at 10.30 all dormitory lights are put out.

Sunday in hospital, is a day of comparative rest; everyone rises an hour later, and only such ward work is done as is necessary; the students do not come, nor the honorary staff, except it may be one or two to see any especially bad patient. At 10.30, all the patients who are well enough, and all the Nurses, maid servants, and servants, who can be spared, assemble in chapel for morning service; at three o'clock, those who were on duty in the morning, come to afternoon chapel. At four, the patients' visitors are admitted and remain until five. Those whose Sunday evening turn it is to go out, do not return to duty after chapel, but have a "pass" until nine o'clock. Those who stay in, join the patients in singing hymns and chants until it is time to begin the evening work.

THE RECREATIONS OF OUR NURSES.

By Miss LOUISA HOGG,

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THE literature of Nursing, nowadays, is becoming quite a bulky and important item on our shelves; but amongst all the good and sensible advice that has been addressed to Nurses about their work, how little has been said about their recreations, and yet how important it is, if a woman wishes to make Nursing her life's work, or even to work satisfactorily for ten or twelve years, that she should be able to preserve the unflagging energy, and the bright sympathetic spirit, with which she began her labours.

Much has been written and spoken, of late, of the long and wearisome hours of our shop-girls, but the Nurse's hours, whether Sister, Nurse, or Probationer, in hospital, are infinitely longer, and her work of an infinitely more exhausting nature. The shop-girl has her Sundays free, moreover, while our patients are just as much in need of attention on Sun-days as on any other day. The Nurse's work lies amongst those sick in body, often sick in mind as well. She witnesses, day by day, the most sorrowful sights, and often, added to the bodily fatigue of waiting on her patients, she has the responsibility of watching those whose life and death are, humanly speaking, in her hands.

Therefore, it may well be conceded that a Nurse

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