

the other, Nurse lay asleep, snoring vigorously ; on the locker between them, was placed a toasting-fork. Matron Jane was a study : momentarily pale with anger, and then a flash of triumph ; she entered the room, and stooped over the patient. "You look anxious," she said, gently ; "do you want anything?"

"Oh ! please Matron, I'm so thirsty ; Sister said as how I was so much better, Nurse might lie down a bit to-night, and she gave me the toasting fork to poke her up with if I wanted anything, but I ain't got the heart to wake her, poor thing ; I guess she's about done for, no sleep these two nights."

Matron seated herself on the locker, gave the patient some milk, and then, turning to me, said—"Don't wait, Sister ; I shall remain here till Nurse wakes. I can rely upon you to give a graphic description of this scene, if necessary. Good night."

In the morning, I was sent for to her office, to meet the operating Surgeon. I not only gave him a graphic description of the toasting fork scene, but told him, from personal experience, what I suffered, mentally and physically, when nursing his cases, and ended up by making him laugh, by indignantly exclaiming, "So long as God decrees that sleep is necessary for human beings, and does not specially exempt Nurses from the weakness, it becomes every man's duty to arrange for the nursing of his patients accordingly."

From that time, anyhow, it was arranged that two Nurses should relieve one another, remaining on duty twelve hours each, and, to prevent too many changes, nurse six cases in succession.

"It does not strike you, I suppose, that we have wandered rather far afield of the subject in question," remarks Doris, demurely. "How about the Sister?"

"Oh ! dear ; I had forgotten all about her ; where did we leave her, poor thing?"

I laugh, hastily picking up my paper, which has slipped on the floor.

I remember ; it is eight a.m. Refreshed by undisturbed slumbers, and a substantial meal, she has just sailed into the Ward, sweet, smiling, calm, collected, fully conscious that it is on her virtues alone that the whole well-being of the Ward depends. "One more word, and on to the fire back the whole thing goes," I exclaim. "Now, *prendre silence*, and not another word, until, everything left in apple-pie order for the night, she gracefully retires off duty, in a mood equally salubrious."

The Sister's first duty in the morning will be to read prayers ; a reverential silence should be maintained during their performance, and all Nurses, and such patients who are able, should kneel, and not loll about ; only under the most

exceptional circumstances will it be found that a Nurse's occupation at the moment, must be continued ; there is, therefore, no excuse for whispering and shuffling behind screens, during the few minutes spared daily to ask the Divine blessing, upon the great and beautiful work upon which all are engaged in a Hospital Ward.

Prayers read, Sister will then turn to her writing table, upon which will be found the report books, opened by the night Nurse at the right place, and who will be standing by to give her report before going off-duty at 8.15. These books, three in number, should fit into a neat leather case, and be inscribed respectively Temperature-book, Report-book, and Order-book. In one, the temperatures will be recorded night and morning ; in the second, a short report of every patient, written by the night and day Staff Nurses ; and in the latter, the Sister will write before 9 p.m. (when the night Nurses come on duty), any special directions she may have to leave for the night, concerning the patients. In this book, also, before going off-duty on long leave, instructions will be written down for the day Staff Nurse, who is responsible, during the absence of the Sister, that every order given by the Medical man shall be punctually performed.

After studying the night Report-book, the Sister will make a tour round her Ward, going from bed to bed, observing accurately, and speaking to each patient in turn. She will at this time administer all, three times a day, medicines ; see for herself that all are correct ; and hear personally from her patients all their little requirements, so as to report to the House Physician any change, or symptoms, they may wish specially brought to his notice. This gives her an excellent opportunity also, of saying a few kindly and cheering words to each patient, and with the true tact of sympathy, make each one feel her special interest in his personal affairs and ailments, which is a great consolation to the sick at all times, especially when he is one of many, and known only by a Number.

It is now 8.45. The soiled linen must be counted, and duly entered in the laundry-book ; all official reports and papers for the Secretary, Matron, and Steward, collected, and the Sister will pay her daily visits, if necessary, to their various offices, returning as soon as possible to her Ward. The lunches having been given, all is now in order for the House Physician's visit, at nine. The Staff Nurse, and those Probationers who are to be on duty for the morning, leave her Ward to dress, returning at 9.30, in time to relieve the Probationers who will be off-duty on alternate days from ten to twelve, and two to four, for rest, fresh air, and instruction. During this half-hour the Sister should

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