

make it a rule to make a tour of inspection, going through Ward-kitchen and Lavatories; casting her eyes hither and thither in search of what is left undone or awry—not being content merely to notice work satisfactorily performed. Nothing must escape her vigilance—a glance at the thermometer, to ascertain the temperature of the Ward; another, to see that the fires are well built up and burning brightly. Next come the windows—fresh air being essential, it is permissible that some should be open; she will observe that discretion has been used in this matter, and if not, regulate the ventilation herself. A locker or drawer now and then may be looked into with advantage, and here and there, a natty touch may be given to flowers, plants, or ornaments, which may have been put down in a hurry. In the Lavatory, the baths, crockery, and utensils of all kinds must be inspected, to see that they are spotless and in their right places; notice taken that the closets have been disinfected, that the windows are well open, and no untidy odds and ends lying about. A careful look round the Ward-Kitchen will also be necessary.

The tour at an end, the Sister will not fail to draw the attention of the person responsible, to any omission of which she may have to complain, and will then and there request her to perform the duty omitted.

This is the only fair way to train the memory of Probationers, and make them careful and methodical in their work. It is quite useless to overlook their mistakes, from day to day, on the plea that they are ignorant, and will improve in time, and, when patience is at an end, give a sharp reprimand, hoping that it will have the desired effect.

One of a modern Sister's principal duties is to instruct Probationers, and she is by no means conferring a favour on them, or the Hospital authorities, by doing it thoroughly, as one would imagine, to hear remarks made by some who are either indolent or ignorant. Much Ward manual labour has of late years been omitted from the Sister's routine of duties, in order that she should have more time to teach and train her subordinate Nurses.

The careful Sister—and to be economical, in every department under her immediate control, is one of the first duties of an honourable woman in a public institution—will keep the keys in her own charge, of linen and store cupboards, giving out daily to her fellow-workers what she knows to be necessary for their use. Lint will then not be used for polishing purposes, nor bed linen recklessly despatched to the wash.

At 9.30, accompanied by Nurse and Probationer—who should be specially told to listen attentively, thereby reaping every advantage possible from the

clinical instruction given to the Students—the Sister will be ready to visit her patients with the House Physician, when a quiet and professional manner should be maintained by all, and she must be ready to give him a distinct, and, if necessary, detailed answer to every inquiry.

At twelve, the Wards are cleared, and, if possible, privacy insisted upon. All Nurses and Probationers being on duty, the patients' dinners are quickly served and distributed, the Sister carving every diet. When finished, she will again walk round her Ward, observing if all have what they require, or ought to have, and how each patient is taking his food.

At 12.30 the Probationers leave for dinner, returning at 1.15, when the Staff Nurses leave and are absent until two. During this hour, Sister will take a good luncheon, and, if possible, rest; give the medicines, and see that all is prepared for the Visiting Staff, who attend at two. She will accompany them during their visit again, attended by two Nurses, and, immediately they retire, send to the Dispensary for all new medicines, &c., which may have been prescribed, and see that any new treatment ordered, is at once applied. If she is a wise woman, she will then lie down for half-an-hour, during the patients' tea-time, to ease her weary feet, and refresh herself with a cup of tea.

The Nurses will go in turns to the Home for tea, half from four to 4.30, the others from 4.30 to five. Every alternate evening from five to 7.45, Sister or the Staff-Nurse will be off-duty, the former joining her fellow-Sisters at dinner in the Home at 7.45, and returning to duty from 8.30 to 9.30. By this means, the Sister will be able to superintend the different duties of the Probationers on alternate days, thereby giving instruction at all times, and not being absent from her Ward at a certain hour daily—excepting for dinner—when certain work must be done, which she can never overlook. The patients' supper will be served at seven p.m.; medicines given at 7.30; all four-hours' medicines at ten, two, and six.

At 8.30, Sister will read evening prayers, prepare her order book for the Night Nurses, who will report themselves on duty at nine, and receive full instructions. The Staff Nurse will then accompany Sister round the Ward, going quietly from patient to patient, to see that all is well, through the Lavatories, and Ward-kitchens; by this means it is ascertained if everything is left in perfect order by the Day Nurses, as they will expect to find them when they return on duty in the morning.

At 9.30 p.m., Sister will be at liberty to go off duty for the night, the House Physician having previously visited the Ward to hear her report, and see the new patients.

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