

easy of access all around our coast ; and rushing through the midst of varied scenery will be a not unpleasant part of the change. The variety of passengers, with their different idiosyncrasies and scraps of conversation, create an amusing diversion ; and the busy stations, with eager faces of those to whom friends are coming, and grave ones from whom they are going, break agreeably into the miles of still life.

Upon arrival at her destination, Nurse makes her way to a bright boarding-house, where the tariff is not exorbitant, with windows facing the sea, where, on wet days, she may watch the stragglers determined to meet the steamer, and when there are no stragglers, watch the sea that is changing all the time, and photograph its changes on her brain, put away in its wonderful convolutions to look at when she is closed in by narrowing Hospital walls, and to describe to the little ones by way of diversion from dread of the necessary poultice. I would recommend her to rise early after resting from the extra fatigue of travelling, for early rising invigorates the nervous system, and Nurse will gain more benefit from her holiday, if she continue as a pleasure, a habit that is part of her Hospital duty. And let her be continually in the air—that is of primary importance ; air all day long ; only indoors during bad weather, and for necessary rest and refreshment.

A boarding-house is preferable to apartments, for Nurse needs diversion and intellectual stimulus, and the visitors, with their various theories, and facility for arranging amusements, combine to complete the change from her routine of life. They are inclined to be friendly, as a rule, and Nurse may join driving and boating parties with advantage. Perhaps she is something of an artist ; in which case, what charming pictures she can take away for the amusement of her colleagues and her patients, many of whom have never seen, never will see, the great stretch of waters ; or she may have a penchant for shells and seaweed, of which many specimens are worth preserving, and poking sticks into the crannies of rocks—sticks are preferable for this purpose, for fingers are apt to be sharply seized in the fervent, if unfriendly, grip of a crab, and a crab is not easily shaken off.

Of course, the recreations of our Nurse are greatly dependent upon her intellectual and financial resources, the number and status of her acquaintances ; these latter may possess a yacht, and take her day-trips, with varied dainty refreshments on board, and imminent danger of being knocked overboard by the boom, in a sudden shifting of the sail. Nurse is accustomed to danger—pathological, if not maritime—and her nerve is not easily shaken. Possibilities of casualty will not mar her enjoyment of the cool, fresh

breeze, and the swish of the water as the vessel cuts her passage through. How healthily tired she will return from these trips, and how soundly she will sleep—

“ Sleep that knits up the ravelled sleeve of care,
The death of each day's life.”

Nurse will be wise during her holiday if she avoid the subject of her vocation, in order to obtain the complete change and rest essential. Otherwise, she may let loose a hypochondriac, and, if sympathetic, be called upon to suggest a remedy for every variety of ailment, and give a little skilful and kindly aid to all the sick relatives of the household. This, though possibly a pleasure, is a luxury Nurse has no right to permit herself ; for, during her holiday, she still belongs to the Hospital, and owes to that Institution the duty of accumulating a store of health for future service. She would be wise to take medical advice before venturing into the sea, cold water bathing being in some cases absolutely injurious ; otherwise, a bath, taken between one and two hours after the morning meal, and concluded with a brisk walk, is eminently invigorating. At these seaside resorts, there is usually a moderately good display of musical talent, frequently in some concert-room retained for the purpose, and daily on the promenade or pier, and as the opportunities of Nurse for hearing music are considerably limited, she is likely to be appreciative, and, taking a seat in the neighbourhood of the band, entertain herself simultaneously with contemplation of the gay plumage and deportment of the visitors ; weaving family histories which are probably quite incorrect, and romances that have no foundation ; in fact, she will probably remain stational until the lights come out, terrestrial and celestial, and enjoy watching the reflection of light upon the water, which looks dark and mysterious at night, and the straining of the boats upon their anchors, as they sway to and fro with the tide, the masts standing bare against the sky, like long lean arms pointing upward, away from the sea that looks so dark and sullen now that the sun has passed on his way.

I hope I shall not create ridicule by suggesting donkey-riding, for Nurse will probably not care for long walks during her resting time, and these animals amble along quietly in a not uncomfortable manner, and can be chartered without any show of amusement from the objectionable “ small boy,” for the occurrence is too frequent to excite risibility. It is also a safe proceeding, if an eye be kept upon the driver, who delights to administer irritating chastisement to the patient, though stubborn animal. Seaside ponies are not desirable, as having a tendency to unexpected departures in the way of kicks, and a refusal to take the direction indicated by the irate equestrian ; they

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