

SELECTIONS.

THE BALANCE OF PLEASURE AND PAIN.—The doctrine is Kant's, who held (see his "Anthropologie," p. 169) that every pleasure must be preceded by pain, pain being always the first. No pleasure, he maintains, can follow immediately upon another, but between the one and the other some pain must have place. It is the slight depressions of vitality, with intervening expansions of it, which together make up a healthy condition, which we erroneously take for a continuously-felt state of well-being; whereas this condition consists only of pleasurable feelings following each other by reciprocation—that is, with continually intervening pain. Pain is the stimulus of activity, and in activity we first become conscious of life; without it an inanimate state would ensue. Kant's "Anthropologie" may be advantageously studied with Plato's Philebus, one of the noblest of the dialogues.—*Lancet*.

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"DRESS has a practical, as well as theoretical, concern in morality. It assumes a by no means unimportant place in the science of society. It is of much consequence in all those studies of mankind that regard him from his standpoint as a gregarious animal. It has, moreover, an æsthetic aspect, a concern in the science of ornament, and a part in the elaboration of what is vaguely known as taste. Especially must be noted those remarkable attributes of clothing that are concerned in a study of ceremonial dress. And lastly, and with no attempt to complete the list, there are interests in dress that are not dimly associated with the details of pride, vain glory, and hypocrisy."—*Mr. Frederick Treves, F.R.C.S., in "The Influence of Clothing on Health."*

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It should be borne in mind there is another class of nurses, whose devotion to the performance of their duties entitles them to respect and praise, women who have learned their work in scenes of sickness, suffering, and death, in their own families and immediate friends, and have passed through pain and terror, striving continually by day and night to give ease, and to save beings of their heart's affections from death which is too evidently close at hand; they watch earnestly but silently upon the doctor's movements, dwell upon the words he utters, examine his prescriptions and reflect upon them, making themselves thus competent for service in other sick rooms in the event of their being left homeless and friendless, when the world is all before them, and an independent existence has to be found. Such women must not be confounded with those Dickens has described, and against whom the eloquence of H.R.H. the Princess Christian is raised.—*Hampden*.

"IN watching disease, both in private houses and in public hospitals, the thing that strikes the experienced observer most forcibly is this, that the symptoms or the sufferings generally construed to be inevitable and incidental to the disease are very often not symptoms of the disease at all, but of something quite different—of the want of fresh air, or of light, or of warmth, or of quiet, or of cleanliness, or of punctuality and care in the administration of diet—of each or of all of these. And this equally as much in private as in hospital nursing."—*Miss Florence Nightingale, in "Notes on Nursing."*

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HEALTH is undeniably a more precious gift than riches, or honours, or power.

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"A NURSE, to be of use to the doctor, must be able to give an intelligent, trustworthy account of her charge, and beyond that to carry out implicitly his directions; and here strict obedience and often faith are needed, for as she sees only her side of the question she must often be tempted to cavil at the plan of treatment adopted, more particularly if it interferes with the comfort of her patient. Therefore a nurse must remember that her place is to obey, his to direct; and if in this habit of mind she receives her instructions, a wise doctor will be only too ready to avail himself of her experience by seeking suggestions; only she should remember that these suggestions must not be offered until they are sought, and she must not throw up the case in a fit of disgust if they are disregarded."—*Miss Catherine Jane Wood, in "A Handbook of Nursing."*

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A GOOD nurse requires to be light of foot, soft of voice, deft of touch, quick of ear and eye, tender of heart, and of sound judgment.

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"You have all formed some idea as to what your duties will be as nurses of the sick. You are here to-day because others have told you about the work, and the report has been a good one. You have therefore chosen it for your own calling and are looking earnestly ahead. Shall I be fit for it? Shall I like it? Shall I succeed in it? These are the questions you are asking yourselves. They are questions that cannot be answered yet; but of this you may be sure, that the importance of good nursing is being more and more fully recognised every day. People are talking about it. We sometimes hear of workers not being all that could be wished. The work is none the less to be done, and they are ever made to do it all the better."—*Dr. Wallace Anderson, in "Medical Nursing."*

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