

be realised—*i.e.*, the more and more effective and skilled attendance on the sick—the Nurse must not enter on a course of hard manual labour, mental strain, and ever-increasing responsibilities, handicapped. She must do everything in her power to keep her body strong and well, and her mind healthy; and it is the duty of all who constitute themselves Governors and Managers of any institution where Nurses are employed, to provide them with clothing, which shall be suitable in every way to the requirements of their profession.

It is the custom in some Hospitals for Nurses to provide partially or entirely their own uniform. This system, for many reasons, does not seem advisable. Where a committee provide their Staff with uniform, they are able, in procuring large quantities of each material, to get them at a considerable reduction in price. It also secures exact uniformity in quality, colour, and make for each grade, which greatly adds to the smart appearance of a Staff. Of course, where this is done, the salary given cannot be high; but a very general experience proves that £20 per annum, and uniform provided, goes much further, and effects a much greater saving of trouble, than £30, where each Nurse has to get her own clothing entirely. Besides, where the latter is the case, it is almost impossible to get Nurses to go to the same shop for their goods; consequently, though there may be a general resemblance, no two garments in the establishment are quite of the same pattern or make. I would not argue from this that caps, &c., should be of one inflexible size, for what would suit well a big woman, with a large head, would be simply ridiculous on one who was small, and *vice versa*. It is the duty of every Nurse (and should be a pleasant one) to *look as nice as she can*.

Uniform is generally becoming, and many women who do not dress to advantage in ordinary life, when wearing a simple washing dress with spotless cap and apron of a tasteful style look charming. Patients almost invariably appreciate a tidy, pleasing appearance in those who attend them. Most particularly does this remark apply to those who take up private Nursing as their vocation. What can be more distressing to a highly refined and sensitive patient than to have continually before his or her eyes a woman who may be kindness itself, and a trustworthy Nurse, but who is satisfied to pin her dress when the buttons come off; who wears collars whose freshness has departed; whose caps are all awry, and whose shoes are ever slipshod? It would be well, sometimes, if Matrons and Sisters fully realised the influence they have over their subordinates by their *own* dress, for they should be in every detail of life models for the imitation of those they undertake to train.

To come, however, to the real object of this article, which is to discuss the most suitable clothing for a Hospital Staff. We will commence with the Matron, as I before said. For her, custom seems to have ordained black as the most suitable, the material used being merino, cashmere, fine serge, or a plain silk, made in a style as simple as possible, but a little latitude should be allowed her to choose what is most suitable to her figure and height. If slight and moderately tall, a rather full bodice with an ample flowing skirt will look well. The head adorned with a cap of delicate Indian or Nainsook muslin, trimmed all round with two full rows of very fine washing lace, wide strings, with two rows of lace at the ends, tied in a bow under the chin. Collars and cuffs of her own selection, but none look better than those made of transparent hemstitched muslin. They require changing frequently, but can easily be washed and "got up" by the Matron's own maid. An apron need not be worn, except in the case of Matrons of small provincial Hospitals, who often combine the work of Head Sister with their other duties, or assist at operations. In that case, it should be of fine starched white linen, Bishop's lawn, or Nainsook. The best qualities of the last two cost about two shillings a yard; fine linen would be rather more. They should be made with a wide hem at the bottom and round the bib. For winter wear, the dress should be made of thicker material, warmly lined, as much of the Matron's work is of a sedentary nature; also, she is exposed to many draughts on her tours from Ward to Ward. In cold weather a long cloak or fur-lined mantle is of most useful protection from rain or snow in crossing open spaces. Shoes should be suitable to the weather, and with not too high heels, if she is desirous of setting a good example to her Nurses. The Matron should never travel on her rounds without a pocket-book and pencil, or a set of ivory tablets, which if worn on a chatelaine will be both useful and ornamental. The Matron's salary should be sufficiently liberal to allow of her providing, of her own choice, a suitable uniform.

By Night Superintendents and Sisters the same uniform should be worn. Plain dresses of navy blue, or bottle green merino, or fine serge; the full skirt, just escaping the ground, gathered into a waist-band; the bodice quite plain behind, but full or plain in front, to suit either stout or thin figures; sleeves to button half way to the elbow, with turn-down rather narrow collar, and outside cuffs, not more than three inches deep, of white linen. The latter must be of sufficiently large size to allow of their crossing and being secured by one deep stud, which is passed first through a small button-hole in the sleeve, and then through

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