

judged, just so much as will be used. She removes all dressings gently.

She knows the difference between cold, cool, temperate, tepid, warm, and hot baths. She can apply cold affusion, the wet compress, poultices, hot fomentations, and ice-bags; she can apply blistering fluids, &c., and dress blisters.

She is trustworthy in every respect. She does not consider herself in any sense a doctor, but carries out the doctor's directions faithfully, seeking to understand the disease he is combating, and the meaning and desired effect of the treatment he is using. She notices every change in each patient's condition, and acquaints the doctor with it; she does not, by prescribing, or by altering the doctor's treatment, take his responsibility upon herself—she knows that her duty is to carry out his orders, that he alone is authorised to judge of the patient's condition and to prescribe for him. She knows the great importance of a fit of shivering, and reports it at once. When the doctor asks a question, she gives a concise, explicit answer; she is exact about quantities and times; her notes for the doctor are clear and readable. She does not fall back upon "I forgot" as an excuse; she does not forget, because her thoughts are about the duty she is engaged in. She never fusses nor looks important; her actions are performed with quiet confidence. She is willing to turn her hand to almost anything that she sees needs doing; work, even that some people term "menial," is not menial when done by her with that "tincture" which George Herbert says makes even "drudgery divine." She *knows*, though she may not be always thinking about it, that "All true work is sacred," and that "*Laborare est orare.*"

An efficient nurse understands the ordinary and the clinical thermometer, and can regulate the temperature of the ward or sick room; can "take" and register the patient's temperature; she can at least count the pulse and respiration, and note them for the doctor; she can measure and test urine, and use the galvanic battery.

She is *not* a mere routine nurse, but she recognises the necessity for the maintenance of a certain amount of routine work that her ward or sick-room may be always in order; therefore, if she be "sister" of a ward, or if she have a superior over her, she is careful that in the early morning, and again at different hours of the day or night, those ward duties that can be done with regularity are so done. She has learned thoroughly that she must have in her wards those two great essentials for all people, whether sick or well—namely, fresh air and cleanliness. She knows that without fresh air there is not cleanliness, and that without cleanliness there is not fresh air; that fresh air is pure air, and that anything which soils it takes away its freshness, and that if she want to preserve health (which is better than curing disease) she must take every care she can to

have fresh air. She will not have more gas burning than is needed, knowing that it consumes good oxygen, and throws off poisonous carbonic acid gas; she knows that if she wish to help nature to root out disease, she cannot do better than look well to these two great essentials. She is aware that many other things are also necessary—for instance, diet and rest—but that where there is any want of cleanliness nature has a hard battle to fight to regain her lost ground, and that the doctor's care is almost thrown away. She has a perfect horror of musty, fusty rooms, and would rather have "smuts" than foul stagnant air.

An efficient nurse is not thrown into a flurry when an emergency arises, she does not lose her presence of mind, but by her prompt action meets and overcomes the emergency, and by her calmness reassures those about her. She knows what an exact index the face—especially a child's face—is in illness, and learns to read its signs. She understands the difference between fever and feverishness. She knows how much more sick people need simple drinks than solid food, and she values good water as one of the best drinks, seeing that in many cases the blood is needing liquid. In nursing infectious diseases, she is careful about using disinfectants, and most careful not to spread or in any way carry the infection. She can impart the knowledge she has gained to those placed under her.

So far I have written mainly about the knowledge our efficient nurse has learned in the hospital wards. Let us turn to the lecture room. There she has heard lectures on hygiene, elementary human physiology, pathology, and descriptive anatomy. The lectures on hygiene have impressed upon her that health cannot be maintained or restored without cleanliness, which includes ventilation; indeed, that without pure atmosphere there cannot be hygiene or health. This lesson, knowing its great importance, an efficient nurse never forgets; on the other hand, she takes care that she does not place her patients in draughts, nor does she make the ventilating so violent and evident that they resent it, and are convinced that they are catching cold. Oh! no, this is one of those things which her quiet influence and good sense enable her to manage almost without the patients being conscious of it. She discriminates, too, between closeness and warmth, and does not set up one standard of heat to be kept up irrespective of the different diseases of her patients.

She does not neglect her own health, but by all right and sensible ways preserves it, for she knows that she needs good physical and mental health that she may be an efficient nurse.

The lectures on physiology have taught her that physiology is a discourse about all healthy life, animal and vegetable. This knowledge has widened her interest in all living things; she has striven too to understand human life in its many mysteries and

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