

bright and loving in the home, and no longer needed there, with a strong desire to become a nurse, full of love and sympathy for others, and naturally self-forgetful: we should be inclined to say at once, here is the material upon which to build up and to construct an efficient nurse. Everything now depends upon the future training.

How is that training to be effected without, on the one hand, making her hard and indifferent to suffering, impatient in temper, rough and harsh in handling her patients, and careless of the feelings of others; whilst she is at the same time gaining her experience, learning her ward work, attending lectures, preparing for examinations, taking notes of cases, and, in fact, working very hard indeed both with head and hands?

Or, on the other hand, how is it to be effected without making her loud and frivolous, caring only for flirting with students, or for foolish talking with fellow nurses, or for light and unprofitable reading? Such a one will scamp the work that is not seen, and in many ways lose her opportunities, and waste the time of her training.

There is danger in a hospital of either the one or the other evil resulting from the time spent there; but, fortunately, it is by no means the only side of the picture. On the contrary, there is the possibility and the opportunity offered there of the character becoming strengthened, the gentleness increased, the sympathy widened, and the love deepened; at the same time that the training is going on successfully. Whilst the hands are learning to be more skilful in dealing with the sick, the eyes are trained to be more observant of symptoms, the intellect is brought to bear upon the details of the treatment of disease.

All this can be found in the training if it is sought for by an eager, ardent probationer; whether it is found depends very largely upon herself. But the best place for her to find it, is in a large first-rate hospital where the discipline of the nursing school is very strict, with a high-minded matron at its head, who keeps a wise and firm control over all, and who has under her gentle cultured "sisters," with aptitude for teaching and imparting knowledge; where the lectures (medical and surgical) are of the best, and the final examination severe; and where the training is not considered completed in less than three years.

How, then, are these three years in the hospital to be spent? What is the course through which a nurse must go that her training cannot be ended in less time? This is the next question for us to consider; for by many a three years' hospital course is thought to be unnecessarily long, and by others scarcely long enough.

A great deal of her first year of probation will have to be devoted necessarily to hard manual labour—in cleaning, in polishing, in a certain amount of scrubbing, and so on. Some think it is a great

mistake for educated, cultured women to waste their time in this way, and I certainly think the time for such work should be limited as much as possible to the first year of the training; but it is very necessary for her to know exactly how all that work is done, the best and easiest way of doing it, and how long such work should take in the doing. Otherwise, how is the nurse going by-and-bye to direct and teach others what she has never carried out herself? for there is no learning so good and so certain of usefulness as that gained by practical personal experience.

But all this routine of hospital life, this hard work to which she is quite unaccustomed, the early rising, the absolute necessity for punctuality, order, neatness, quickness, to say nothing of all the unusual sights and sad sounds to which she has to accustom herself, will absorb a vast amount of her strength, her time, and her thoughts, and at the end of the first year she will find herself only just beginning to grasp the idea of what a nurse must be. It is true she has learnt much; for all the ward work, which at first seemed so hard and took so long, is now an easy matter to her, and it now becomes a second nature to have her ward always neat and clean, to be always ready for the visit of the doctors, to be always punctual, to have everywhere order and method, to clean quickly and to keep clean, to cut dressings neatly and economically, to make poultices rapidly and well, and so on.

The first year can hardly be said to be lost if she has gained and retained all this knowledge. But it is during the second year that so much is learned, and such rapid progress made, supposing always that the first has been honestly devoted to her work, that it has been done in a bright and cheerful spirit, never grumbling, never thinking herself too good for her duties, however menial.

It is in the second year that she will be in her element, for her time will now be spent almost entirely in learning the art of true nursing. In the medical wards she will have to be the director of, and be responsible for, the bed-making of all the cases—a very important item in the day's work; she will have a young and inexperienced probationer under her guidance, who will look to her for help and instruction. She will now have to give all the medicine in the absence of the sister, to keep order and discipline in the ward, to watch the symptoms of the patients, to watch those who are very ill, to report all necessary information, to keep an exact account of nourishment taken by the typhoid patients, to weigh all the food for an aneurism case, and to see that the rest prescribed for him is absolute, besides having to take careful notes of cases from their admittance to their discharge. And she will now have charge of a ward by night, when everything seems so much more serious than by day, with many patients entirely dependent upon her—some

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