

THE *Trained Nurse* for February has an excellent article on "Personality in Work," by Miss ANNA LORENS DAWES. In it she says many wise things, and has evidently a horror of a narrow personal existence, such as the inert amongst us are apt to extol:—

"In the whole round of the professions there is none perhaps where there is more danger of under-rating the power of personality than in the Nurse's profession. The life of a Nurse is a life of obedience and discipline. It is a life secluded to the individual in great measure, and yet a life never taking root and growing up to blossom and bear fruit, but temporary in all its relations and lived under unnatural conditions. It seems at first sought to give little scope for personal power, and to bear little relation to the greater world lying outside the sick-room. I grant that its conditions tend toward a narrow and circumscribed career, and it is for this very reason that I beg you to-night to so cultivate and develop your own personality that for each one of you there shall be a full and rounded life, powerful after its own fashion and in its own place. To this end I am repeating in a somewhat different fashion the inspiring suggestions of Judge Tucker to the class of last year. Become broad women; seek to know the meaning of life; study illness and death in their relations to humanity; learn other things than these, even all the interests of the world around you; put your character into every detail of your work; add humanity and womanliness to all your skill; clothe your knowledge with grace and enforce it with power.

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Upon this effort to cultivate your personality will depend, in the first place, your own success. Two years hence, five years hence, you will not be able to do just what you can to-day unless you can do more and better work. The plant which does not grow decays; knowledge which does not develop disappears. Therefore you must in many ways increase your skill if you would preserve it. Moreover, it is by those subtle signs which betray the personal power behind the trained eye and hand, that men and women show the ability which enables them to rise. By what you do and by what you do not do—sure signs of ability than any performance—by what you leave undone and by how you perform your task, and by the growth of your mind and heart as well, men will judge whether you have that ability and fidelity, that knowledge, that power, which may well be put over ten cities.

Finally, the cultivation of your personality is your opportunity of special and direct effect upon the world's progress in still another manner. It will connect you with large movements. To the woman who understands by experience the details of a profession, whose mind has become broad enough to conceive its possibilities, and whose character has gained the force to carry out her ideas, and the power to gather others to her help, to such a one the world's opportunities lie open.

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AND yet we have heard educated Nurses in England question—"What shall I gain for my half-crown?"—when asked to join the most purely professional and elevating Association of Women in this Empire

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—the noble and courageous R.B.N.A. Surely it must be true, as Mrs. BEDFORD FENWICK says, that professional feeling is more highly estimated amongst American Nurses than amongst ourselves.

S. G.

## Inventions, Preparations, &c.

### SUGAR OF MILK.

(Messrs. BURROUGHS BROTHERS, 66, Basinghall Street, E.C.)

WE have submitted a sample of Dr. Langen's Sugar of Milk to one of our Medical experts, and have much pleasure in stating that his report on the preparation is extremely satisfactory; the sample is, in fact, all that it is represented to be. Sugar of Milk is prepared by crystallisation during the evaporation of the whey of milk, and is consequently an animal product. This, in itself, is sufficient evidence of its value as an article of food. In cases where the ordinary cane sugar causes considerable irritation of the digestive organs of children and invalids, it will be found that the condition may be entirely obviated by the use of Sugar of Milk. Under the microscope the sample sent us was found to be that of a perfectly pure sugar. Starch, a substance most difficult for young children to digest, and a common ingredient in many much vaunted foods for babies, was found to be entirely absent; therefore, as a sweetening agent in the foods of infants and invalids, Dr. Langen's Sugar of Milk is an article to be thoroughly relied upon.

### "INVALID NOURISHING STOUT."

(Messrs. J. & T. USHER, Horfield Road Brewery, Bristol.)

Good Stout occupies, and very properly too, an important position in the Medical and Nursing world, and, when judiciously prescribed, cannot fail to prove of great advantage to the patient. It is essential that it should be an absolutely genuine product, light, well prepared, brisk, and digestible, and should "keep" well. Messrs. Usher's brew is everything that can be desired in the above respects, and may unhesitatingly be recommended and prescribed. A medical man of very considerable experience, to whom the samples were submitted, has kindly reported to us as follows: "It is quite the best Stout that has been brought before my notice."

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[previous page](#)

[next page](#)