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## Editorial.

### THE OVERSTRAIN OF NURSING.—I.

THE effect of the present system of Nursing education upon the nervous system of Probationers is a matter of vital importance to the health of the women who are now preparing themselves for the profession, and, consequently, it is a subject which requires, and will doubtless obtain, the most careful consideration of all Hospital authorities. There is reason to believe that the full importance of this question has not been generally appreciated hitherto; perhaps because there is a superabundant supply of women always ready to undertake the work, and prepared to fill up every vacancy as it arises, so that the gaps in the ranks are immediately closed up, and, to the ordinary observer, the fact that they occur so frequently is scarcely perceptible.

But it may be fairly argued that no work should be sanctioned which is dangerous to the worker, unless surrounded by every possible safeguard, and, *a fortiori*, that those whose duty it is to assist others towards recovery from illness should not be coincidentally exposed to a considerable danger of losing their own health. Indeed, the former is a principle which has been so widely accepted that it has formed the chief argument for more than one legislative measure, and the Factory Acts are a standing instance of the care bestowed upon the protection of the working classes in this country. To prove how severely the strain of their duties tells upon Probationers, it is only necessary to remember the very large proportion of Nurses who break down during their two or three years' training, and retire from the profession, shattered

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