

Practice self-denial in small things as well as great. Avoid stimulants. If you get exhausted, take strong beef tea or coffee, but never work on alcohol. Try to get out daily, even if it be for twenty minutes only; there is nothing like fresh air for making you sleep and keeping your nerves steady. Take all the sleep you can; sometimes one feels almost too tired to go to bed, but if you have only six hours for fresh air and sleep, take five and a half for sleep, and sleep in a cool, well-aired room, you will get up much more refreshed than if you slept in a hot and stuffy one. Remember, when the body is tired you are much more apt to catch cold, so you should be warmly clad when you go out, and that brings me to the important point of Nurse's dress.

To begin with underclothing: it should be woollen, and cover neck and arms; it is also much safer to sleep in a woollen nightdress. With regard to external dress, you must consider what is fitting and convenient, and, having got it, keep to it, and wear it always. Never appear outside your bedroom except in uniform. Of course, you might have to go hurriedly to your patient in your dressing gown for a few minutes; but you should make it a rule never to leave your room to begin your day or night's work except fully dressed with cap and apron, collars and cuffs, complete. When the Nurse appears half-dressed, in a dressing gown, or even unfinished looking, she gives her patient the impression that there will be a want of finish and purpose about the work she is going to do. A person of accurate mind will never be untidy in her person, and will be trim and alert either on day or night duty. Much may be said in favour of an out-door uniform, if you wear nothing else. If you adopt it, you thereby incur a responsibility. You owe it to the whole Nursing profession that you make its dress to be honoured by means of your consistent behaviour. But, indeed, we are looking to the Registered Nurses' Society to honour us by more than by a consistent wearing of our dress. I would beg you to remember that we expect you to do much to retrieve the character of Private Nursing.

All of you are fully Hospital-trained women in the technical sense. You must be true women, and self-trained in heart and character, if you are to bring the credit, we hope, to the profession; and, better still, be, to your patients and their friends, useful, in the widest sense. Remember, it is not only clinical facts you have to observe and accurately note for guidance; your insight must go deeper. You must be quick to recognise every shade of emotion in your patient, of whatever kind it may be. You must be sensitive for them, otherwise you can never protect them as you ought from the thousand and one trials to nerve and temper that may ruffle, what ought to be, the calm of the sick-room. With regard to the patient's friends and

household, you require a wise judgment as well as a gentle heart, for not till you so learn to see and feel for others can you be a true "Daughter of Consolation." Though often you will be rewarded in your work by much gratitude and kindness, there are special trials and difficulties to be met in private houses, and a reticence more than word deep towards all outward things is the only true, as it is the highest, wisdom.

"I looked beyond the world for truth and beauty,
Sought, found, and did, my duty."

E. J. R. LANDALE.

Elementary Anatomy, AS APPLIED TO NURSING.

By BEDFORD FENWICK, M.D., M.R.C.P.,
Physician to The Hospital for Women.

LECTURE III.

(Continued from page 204.)

FROM what has been said you will easily understand that the vivifying and purifying influence of the blood upon the tissues depends upon the corpuscles of the blood and upon the oxygen which those corpuscles contain—in other words, upon the proper circulation of the blood. To prove this statement, however, the following experiment is generally quoted. If the vessels going to the limb of a living animal be tied in such a manner as to cut off the supply of blood from the limb without affecting it in any other way, all the symptoms of death of that limb will immediately set in; it will grow pale and cold, it will lose its sensibility, and it will cease to have any power of movement, it will stiffen, and eventually it will mortify and decompose. But even when the stiffening has begun to set in, if the ligatures be removed and the blood be allowed again to flow into the limb, the whole process of apparent death speedily ceases; the temperature will again rise, the sensibility of the skin will return, the muscles will recover power, and the parts will return, in fact, to their natural condition. The same experiment has been performed by disease in cases where people have bled almost to death, and where they have been effectually restored to life and health by filling their veins with blood taken from another man or another animal; or even be injecting into the vessels a large quantity of saline fluid in the place of ordinary blood—this operation, in either case, being known by the name of transfusion.

The lymph, or the fluid which flows through the lymphatic vessels, is, like the blood, an alkaline fluid, which consists of plasma and corpuscles, and which coagulates from the expression of fibrin from the plasma. The lymph differs further from the blood in its corpuscles being all of the colourless kind,

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