

But, again, what has the Red Cross to do with woman's work, and why does our Miss Anthony give it place here? Because her judgment is quick and sound, her vision clear and strong, and she sees from afar. Miss Anthony was the first woman to lay her hand beside mine in the formation of a Red Cross Society in her native city of Rochester, and that society has stood like a rock through trouble and disaster, responsive to every call. Because there are more women than men in the Red Cross of Europe to-day, empresses and queens lead its societies and its relief work in war, and while these princesses of peace and humanity, each queenly wife stands with her Red Cross hand on the epauletted shoulder of her war-meditating husband, he will consider well before he declares. This has been and will be again the case. Women have much to do with it, and in the great millennial day, when peace has conquered war, and its standards float out from the shining battlements, both women and the Red Cross will be there.

A NURSE'S HEALTH.

IT has occurred to me that—having spent some four years as Resident Medical Officer in General Hospitals, and during that time had the care of many cases of sickness amongst the Nursing Staff—I might be able to make some useful suggestions on the question of health to those of your readers who are engaged in Nursing work.

Good health is most essential to success in all vocations, but in few is the loss of it more severely felt than in Nursing. For how can a woman, in charge of some critical case, exercise that intelligence and vigilance, which is so necessary, when she herself is all but distracted with the torment of neuralgia? Very often have I seen a Sister bravely struggling through her morning round with the House Surgeon, or with a member of the Hospital Staff in the afternoon, when I knew she had not slept or taken food for hours previously, and was herself more fit to occupy a bed than the patient by whom she was standing. Many a healthy and robust girl have I seen on the first morning that she found herself in Hospital ward-paint, who after a few short months was distressingly altered. Such is not the case with all, of course, but there are sadly too many instances. What is the explanation of this? Is Nursing itself of necessity so disastrous to health? I think not.

Before mentioning the special Nursing ailments and their common causes, I should like to draw attention to what I consider is an important

factor among the many which go to make up the etiology of these ailments.

A Nurse, of all people in the world, dislikes to be thought "fussy" about her health; she knows too well the annoyance of an over-anxious patient, she sees the contempt with which hysterical affections are too frequently treated, and she dreads the idea of being thought hysterical, and so puts up with many minor inconveniences which together combine to make life miserable, and may be the forerunner of some more serious malady, which, if treated in time, would save much suffering. Again, her superiors having instilled into her the necessity for fortitude and endurance, when the Nurse complains, she often has, by way of a remedy, a long moral lecture, followed, perhaps, by what is worse—an amateur prescription. Her endurance, then, amounts to foolhardiness, with its usual disastrous results; she eventually seeks relief from one of the Staff or the Resident Medical Officer, who is obliged to sign the death-warrant of her Nursing career, and say that Nurse — is not strong enough to continue her work. So much for the importance of early treatment.

Taking a broad view of the causation of Nurses' ailments, I should say that the vast number of them are the result of malnutrition, caused either by insufficient or improper food, and an acquired inability to assimilate what they do eat. It is not my purpose to consider the great question of the diet provided by Hospital authorities for the Nursing Staff, but rather to point out how the best use may be made of such food as is at their disposal, and by what means its digestion may be aided.

I may say here that I have generally found that Probationers and Nurses in a subordinate position, who are obliged to attend regular meals, have much better health than the Sister or Charge Nurse, who presides at the dinner-table and takes food after her own heart in her private room. It is amongst the latter class that I have seen the worst cases of anæmia, neuralgia, and the like.

The healthy action of the digestive organs depends mainly upon a free and pure blood supply to them and the nervous centres which govern them, and also to a large extent upon the sort of work they are asked to perform; in fact, the variety of food taken. To obtain a pure blood supply attention to two simple Hygienic measures are of prime importance—viz., a sufficient supply of fresh air, and attention on the part of the Nurse to the rules of health she enforces on her charges.

Enough has, perhaps, been said as to the necessity of Nurses taking regular walking exercise by everyone who has the responsibility of a Nursing Institution. I know when a tired Nurse looks

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