

humanity, and that courtesy and tact in her dealings with doctors and fellow nurses make the wheels of life run smoothly.

Many a girl is an admirable polisher of brass, can bustle round the ward briskly and get credit and promotion for being a smart probationer. Another girl can pass an examination that would torment a medical student and takes careful notes of her "cases," and their treatment. But it does not follow that either of these women is a nurse or that her influence will work towards the best interests of the profession.

Five minutes cheerfully and patiently given by a girl when it is her time to go off duty, to settling the pillows or cheering up some fractious, bed-weary fellow creature, shows a better nursing quality than the brightest polished tap, and a rough answer to, or careless treatment of a helpless patient, deserves a far severer reprimand than a dusty window ledge. Head, heart, and hand must work together, having for their spring an inward strength, outward gentleness being evidence of that strength. According to classic authors, petty gossip is an infirmity that adheres to the professional nurse. The beauty of a discreet silence upon nursing and medical topics should be early impressed upon the probationer. There is a type of private nurse painfully prevalent to-day. A nurse who regales her sick patient with graphic accounts of diseases, operations and horrors she has heard of or witnessed, and who is ever ready to enlarge upon the omissions or virtues of various medical men. The ordinary practitioner is but a poor judge of the professional nurse. She looks so clean and neat, and is so respectful in manner at his daily call, that he thinks her all that is delightful. Still, he cannot understand the fluctuation in his patient's temperature and a certain harrassed expression. Nurse's tales have set that patient's weak nerves on edge and shaken her confidence in "The Doctor." Teach nurses the beauty of a quiet, reposeful nature; such a nature is in itself balm to the convalescing. Teach them that hospital etiquette should be the out-growth of an inborn refinement, the refinement of soul that leads a girl to show respect for herself by being neat, clean and tidy in person, and leads her to show respect to others by treating all around her with an unvarying courtesy of manner.

The Educational Curriculum of Hospitals should embrace a three years' training. The first year's teaching chiefly on ward work with the rudiments of anatomy and physiology. This teaching to be undertaken by Sisters or third year nurses under the Matron's supervision. The second year's course to include cooking, rudiments of chemistry, food values, etc. Third year to

include the training and teaching of juniors, and a foreign language.

The hours of probationers and nurses on ward duty have been greatly shortened of late years, and with us in New Zealand eight to ten hours' ward duty is pretty general.

In our Wellington Hospital the eight hours' system has been in force for many years and is much liked by the nurses. There are three shifts—morning nurses, 6 a.m. to 2 p.m.; afternoon nurses, 2 p.m. to 10 p.m.; and night nurses, 10 p.m. to 6 a.m. Thus the whole work of the morning nurse is over at 2 p.m., unless she is required for special duty, and she is free to visit her friends or go where she pleases until 10 p.m. Experience teaches that far too little of this abundant leisure is devoted to self-improvement, study or art, whilst a good deal of nervous strength is absorbed by these long hours of amusement.

In my opinion, the final examination at the end of the three years should rest with an independent Board of Examiners, and be conducted in various localities on somewhat similar lines to the University local examination. There should be three grades of pass, and the examination be open to any nurse who can show a Matron's certificate of character having completed a three years' residence in one hospital. The value of a hospital certificate is now very low. Certificates and badges are sometimes given by hospital authorities without any examination whatever, either in general knowledge or professional work, and even after a very brief hospital residence. Forth goes the nurse to join some institution, or she may adopt a noticeable costume and establish herself as a private nurse. As a trained nurse from so-and-so hospital she obtains employment, and too often by her self assertion and ignorance, if not worse, she makes her victims loathe the very name of trained hospital nurse.

The certificate of this proposed Central Board of Examiners should entitle to registration on their books, and when that is achieved, we may leave the rest to a discriminating public. For the public will soon tell the difference between the nurse who has learnt her profession with thoroughness, whose every year of training tells in her skilled and gentle touch, in her thoughtfulness and courtesy in dealing with relatives of patients, and in her refraining from nerve irritating talk of previous cases and domestic gossip, and by her avoidance of all criticism of her fellow professional—the medical man in attendance.

It is passing strange how some medical men say, "Oh! we don't want an educated hospital trained nurse, she thinks she knows too much!"

To such I would say—remember, good sir, a little knowledge is a dangerous thing. If you

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