

blanket, throw the windows wide open, and use the door as a punkah, slowly pulling it to and fro; the air must thus get thoroughly changed, without danger or discomfort to the patient. In nursing infectious cases, do not let us be lax in carrying out isolation and disinfection rules, for this is not only our duty to ourselves, and the people of the house, but also to the community at large. Neither must our health be neglected, opportunities of rest and out-door exercise must be made the most of, a suitable amount of food be taken, so that we may be better fitted for our work.

It seems to me, we are in great danger of getting rusty, and out of touch with the modern developments of nursing both medical and surgical; it will help us if we keep up friendly relations with our training schools, for we have only to go into a modern operating theatre of a metropolitan hospital to observe the great changes in the onward march of medical science during the last ten years, and one can hardly restrain a feeling of having fallen behind the times, and of envy at the fortunate probationers of to-day. Reading medical and nursing journals, and attending lectures on these and kindred subjects, will also be of great assistance to us.

A private nurse's life is often lonely. In the majority of cases, she has no fellow-nurse to assist, her times off-duty are irregular and generally short, so that for the time she is driven in on herself, and frequently has much ado to keep off dullness and depression. Work, and occupation of the mind are the antidotes. It would be well if we all had some hobby to be pursued in the spare moments that come to everyone. Photography is fascinating, but not generally practicable; bicycling must be relegated to the holidays, and between cases; languages are better, only the elementary stage should have been passed; botany is most interesting, vegetable physiology coming quite easy after the bit of animal physiology got during training; poetry and art may be pursued by those who have such tastes; but reading good books may be done by everyone, has no disadvantage, and is a distinct gain.

Under special stress of untoward circumstances, Carlyle's "Past and Present," Boswell's "Life of Dr. Johnson," "Marcus Aurelius," besides our sacred books, have been inestimable boons to me, and works of this kind will ever be found helpful. Yet valuable as they are, alone they will not serve to keep a tired nurse awake when her patient may have dropped into a light sleep, and she dare not move, so there should be at hand various kinds of work that may be pursued without

noise. Russian embroidery, drawn-thread work (if she has a good enough light), knitting, etc., and a bright novel as a further variation.

It is wise also to cultivate a sense of humour, and to see things in their true proportion; it will save us much of the fret of life, and feelings of injured dignity.

We should ever be animated by *esprit de corps*, although sometimes we feel like stranded units, in whom no one has any interest. Yet, isolated as we are, our tone should always ring true to our profession, and by the faithful discharge of our duties, we most truly may prove it, and help to remove the stigma that is on us in many people's estimation.

"This above all, to thine own self be true,  
And it must follow, as the night the day,  
Thou can'st not then be false to any man."

AMANDA JONES, R.N.S.

### Royalty in the Dublin Hospitals.

ON Monday morning last, Princess Christian, attended by the Countess of Arran and Lord William Cecil, laid the foundation-stone of a new Nurses' Home for the City of Dublin Hospital. After the ceremony, Her Royal Highness went over the Hospital, where she was received by Miss Shuter, the Matron, and the Ladies' Committee.

The Home will accommodate thirty nurses, each of whom will have a cubicle with its own window and ventilation. A recreation hall will also be provided.

On Tuesday, Princess Henry of Battenberg visited the Children's Hospital in Temple Street, and enrolled members of the Guild of Pity, an organization designed to interest the young in the needs of the sick and suffering.

### A Presentation.

A PRESENTATION has been made, by the medical officers of the Government staff in Fiji, to the Sister of the Government Hospital in that colony, Miss May Anderson, on the occasion of her going on vacation leave to Australia. The presentation took the form of an address engrossed and illuminated on parchment, accompanied by a first-class return passage ticket from Fiji to Sydney, and a purse of sovereigns; and is calculated to form a pleasing and valuable document for a lady who is devoting her life to nursing. We congratulate Miss Anderson on the cordial and appreciative relations which the presentation testifies to be existent among the members of the staff of the Service to which she belongs.

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