

fifty times, may not be amiss. Directly the ship sails, and you can with decency stop waving a handkerchief (specially provided) to your friends, the custom is to make a dash for the head steward, and secure your place at table. This is especially necessary if you wish to secure several seats at one table for a party. The side tables, near the port holes, are the pleasantest. The next is to see the deck steward, and persuade him that there is a very special reason why *your* deck chair should have his particular consideration. (You will have engaged this chair at the steamship office, before leaving London. If there is any doubt about your obtaining it, buy one *with* a foot rest. A week's voyage without a deck chair is not to be thought of.) Some people tie a coloured ribbon on the arm in order that the chair may be readily distinguished. It will not do to ask the deck steward to leave your chair always in the same place, for he may obey you, and then some morning you may find your chair in the rain and cold and wind, and all the other places taken. But if you have managed your steward properly, you will find on coming on deck each day, that your chair is just where you want it to be. This adds a great deal to your comfort.

The next thing is to see your stewardess, and

engage your bath hour. This sounds easy, but it is not always as easy as it sounds. If all the reasonable bath hours have gone, you can ask for the first reversion of that of the first permanently sea-sick person. The stewardesses seem able to diagnose these at sight. (N.B.—*Do not* tell anyone you are a nurse unless some emergency

arises which makes you specially wish to do so. That is, unless you want to be bothered with "shop" of the worst kind all the way over. I have known nurses who did not think of this point until too late, and have in consequence been quite annoyed throughout their voyage. And on board ship it is difficult, if not impossible, to get away from people.)

A few words in regard to clothing may not be amiss. On Atlantic liners people do not dress as much as they do on the P. and O. steamers. A silk blouse, or an "afternoon" dress, is all the change that is usual for dinner. For the day time, a well-cut skirt of walking length, plenty of cotton shirts,

and one flannel one for cold or wet days, is all that is necessary. A golf cape, in addition to a jacket, will be a great comfort on deck on the voyage home, if not out; and it is to be remembered that clothing is very dear in America. A rug is indispensable for board ship, but this will not be required, and will be greatly



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[previous page](#)

[next page](#)