

hackneyed quotations. She must learn to make her nouns and verbs agree, learn when to use the nominative and when the objective case, and above all things she must enlarge her vocabulary and acquire the perception that no two words are ever synonymous. There are foreigners who say that English is an easy language: it has no grammar, only three adjectives—"shockin'," "chahmin'," and "owful," and one general utility phrase—"tattletoo"—which is made to fit into every gap. These gibes are not without justification when one remembers that it is the English "mees" to whom they most often listen.

*Arithmetic.*—The elements of common arithmetic must be known by every nurse, and she must be quick in adding up bills and extremely accurate in accounts. As she will have already learnt these things at school, it ought not to cost her much trouble to "work up" the first four rules—simple and compound—vulgar fractions, decimals, and simple problems, and to learn the principal weights and measures so thoroughly that she will never forget them. If, however, she has any special aversion or incapacity for arithmetic, she must get someone to help her and keep her up to the point. Her father would probably be delighted to aid the well-known weakness of the feminine intellect, and at the same time she should get him to initiate her into the ordinary ways of business, explaining the mysteries of stocks and shares, banking, insurance, discount, &c. She should also get him to teach her such games as draughts, chess, backgammon, cribbage, écarté, and dummy whist. All these things increase the powers of calculation and concentration, and may perhaps in private nursing have to be put to their ordinary using of whiling away tedious hours. The nurse must also try to master "Bradshaw," and be quick at finding her way in all ordinary works of reference. I have seen a patient fretted into a fever because a slow-witted nurse could not pick out the key to a telegram in cypher.

*Geometry.*—If the future nurse learnt no Euclid at school, or has forgotten what she learnt, any one of her brothers or cousins could soon teach her enough practical geometry to enable her to cut out rounds, ovals, squares, equilateral triangles, pentagons, &c., of any size quickly and accurately. This is an art often needed in making pattern nursing appliances. Models, as every Ward Sister and district nurse finds out, must be as nearly as possible perfect, for the workmanship of the copies almost invariably falls far short of them, whatever their standard may be.

*Physiology, Botany, and Hygiene.*—The student should get an elementary but not too childish book on physiology, and thoroughly master it. Short and practical text-books on hygiene and botany will also be useful.

*Latin.*—Latin is not necessary for a nurse, but it

is a convenience to be able to read a prescription. The old-fashioned plan of learning what were called "Greek and Latin roots" is an excellent one for the probationer, as it simplifies the otherwise puzzling language of scientific text-books.

*General Nursing.*—A comprehensive but not too ambitious work on general nursing may be studied with advantage. If the student has an opportunity she should attend the St. John's Ambulance lectures on "First Aid," and also their more advanced course, where she will learn such technical duties as taking respirations, pulse, and temperature, and making out accurate charts of these observations.

If any "family remedies" are kept in the house, the student should take charge of them, carefully label them, and read the label before measuring out a dose, even when it has to be done six times a day. If the medicine is in a bottle, she must remember to shake it before pouring out a dose, to pour from the side *opposite* the label, and to replace the cork immediately and firmly. These are habits which, if once formed, will save her many a sharp reproof during her hospital training. She should see that mustard leaves, linseed meal, &c., are kept perfectly dry, and that there is always a supply of roller bandages, clean boiled linen rags, medicated wool, pure olive or carron oil, and that there are a few splints and pads for sudden emergencies.

*Music.*—If the aspirant has seriously studied music, or has a decided natural gift for it, by all means let her "keep it up," to use the common expression. It will be a personal pleasure as long as she lives, and in hospitals a nurse who can play the morning and evening hymn, or a short voluntary in the chapel, is always in demand, while in private work the accomplishment may be of more extended use. If, on the other hand, she has no marked taste for music, and has never seriously studied it, let her take pity on her neighbours' nerves and close the piano definitely.

*Literature.*—The type of mind most strongly drawn towards the nursing profession is rarely literary, but as an indispensable part of general culture the probationer should endeavour to acquire some familiarity with at least a few of the modern English classics, and such a knowledge of current literature as will enable her to choose books for convalescent patients with more discretion and success than is usually exhibited by hospital nurses, or by private nurses when asked to "look in at the library on your way back and try to get me something readable." I have known bad translations of fifth-rate French novels provided for an elderly and austere respectable tradesman; a mawkishly sentimental book, intended, even by the author, for very young children, offered to a clever, cynical lad of fifteen; and a manual specially prepared for aged illiterates eagerly pressed upon a young Oxford graduate.

(To be continued.)

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