

in nursing can be dispensed with. They may be considered only necessary when their greater strength is needed, or in cases where the modesty of the woman must be rightly considered.

2. The calling of the trained nurse—the Sister—is essentially and fundamentally different from the duties of the masseurs and assistants of either the male or female sex. The duties of both are important, but these duties are as different as their training should be. We will consider only the training of the nurse.

When the State defines the special education necessary for any profession, it always fixes a definite, necessary, preparatory education. For men, it is easy to arrive at a definite estimate for this general education. What we mean by our "Einjährigen-zeugnis"—viz., the education received by the time for the military service, and our "Reife-zeugnis," the standard attained by an educated adult, is understood by everyone. For women we possess no such exact estimate, therefore we must try to arrive at one. As I place the nurse's calling high; as I believe that the nurse, who must be the stay of the patient and the co-worker with the physician, should be a gentlewoman, I must claim for her a good education, not only on grounds of utility, but for far deeper reasons. Aside from the great mass of details in skill and knowledge which are necessary, there is scarcely a calling which makes so much claim on the innermost character, on the sympathies and cheerfulness, the will and the intelligence, as the calling of the Sister. The uneducated woman is quite unequal to it.

In a former article, in order to reach something definite on this point, I suggested as a preliminary educational requirement at least the completion of the "höhere Töcherschule" before entering the nursing school.* It must be emphatically stated that the common school education is inadequate. If anyone has a better preparatory requirement I am ready to welcome it. Let it only be understood that only educated women should be admitted to the nursing profession. Besides the general education, the candidates should also be competent in household knowledge, cooking, the use of the needle, &c. Further, they must be fully developed and healthy physically. Nothing is more fatal than to admit persons of weakly physique to this calling; yet I cannot consider it necessary to fix a definite entrance limit at twenty-two or twenty-three years. Many young women are at twenty fully equal to the demands of the nursing profession. So, to repeat briefly, in the future only well-educated, physically developed, and strong young women who possess the necessary knowledge of household matters should be allowed to become

* This includes History of Literature, Arithmetic, Geography, History, Simple Chemistry, Simple Physics, Natural History, French, English. Course is finished at the age of sixteen.—Ed.

nurses. So much for the preparation; and now for the training.

It should continue during three years, and be divided into two terms of study of three semesters (six months) each. At the end of the first term an examination should take place, the result of which should decide the admission to the next term. As fit institutions for training, the best are large general hospitals with the various divisions of service. A central authority should classify hospitals from the point of view of those which are suitable as training-schools and which are not. A condition of suitability should be that enough physicians are connected with it to give all the requisite instruction.

An older Sister should be placed in charge of the pupils. This Matron, or House Mother, should be their directress, adviser, and trusted friend.

During the first six weeks it should be possible either for the pupil to withdraw, or for the hospital to drop her, without the necessity of giving reasons. Neither side should claim or expect any indemnity, and thus the existing difficulty of promptly getting rid of unsuitable candidates would be obviated, as also the unwillingness on the part of the candidate to lose her deposit-money, which now retains many obviously unfit women in the service.

The training should comprise, besides the practical work in the wards, practical teaching and theoretical instruction, and the following points are especially necessary.

The introduction to the actual nursing should be gradual. It must be remembered that the pupils are in strangely new conditions and must have time to adapt themselves. Their strength and capacities should be gradually—not suddenly—taxed, and for this reason they should not be put upon night duty until the second semester. During their training they should, under no circumstances, be made use of as if they were fully-trained nurses. They should have sufficient time for rest, and time necessarily devoted to study, class-work, and preparation for practical work should on no account be deducted from their recreation hours. During the first quarter they should have no responsible duties to perform for the sick, but should learn how to perform, and should see performed, every necessary act before themselves undertaking them. Their curriculum might be divided as follows:—1st, course in general nursing; 2nd, surgical dressings and technique with bandaging; 3rd, massage.

In the first, everything which they will have to do for the patient, from temperature taking up to the most difficult services, should be systematically shown and explained to them. Appliances of all kinds, their preparation and management, should be demonstrated and their use practised. In the second, surgical appliances and their management, bandaging, details of asepticism, sterilisation of materials and of instruments, and the names of the latter.

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