

being left entirely to the Superintendent's discretion.

This is a matter in which it would be especially useful to hear the opinions of the Nurses themselves; to hear from those who have had personal experience of night duty in Hospital what arrangement is least trying to the health; whether short or long periods are best; whether the sleep should be taken in the early part of the day (that is soon after going off duty), or in the later part of the day (that is just before going on duty).

My own impression, derived from some inquiries into this question, is that it is best that the periods of night duty should not be shorter than three months, nor longer than six months; that sleep should be taken in the later part of the day, and shortly before going on duty, so that exercise out of doors can be taken early in the day; and that the chief meal should be taken before sleep. But I think that any Nurses showing a special capacity or liking for night duty might be devoted entirely to it.

In private practice it has generally seemed to me best to keep the same Nurse on night or day duty respectively, for the entire duration of the case.

This has been a very prosaic and, I fear, dull paper, but I hope its dulness and deficiencies will be to some extent compensated for by the interest of the discussion which you may be good enough to devote to it. I will at least confess now that the paper is at an end—what it might have been impolitic to have confessed at its commencement—that the subject I have treated is one which raises questions which you are much more competent to answer than I am, one on which you can instruct me a great deal more than I can hope to teach you, one on which it is more becoming on my part to maintain an attitude of inquiry than of authoritative dogmatism.

NURSING ECHOES.

*** Communications (duly authenticated with name and address, not for publication, but as evidence of good faith) are especially invited for these columns.

THERE was a very interesting account in the *Lady's Pictorial* last week of a visit to the National Children's Hospital, in Harcourt Street, under the care and guidance of Surgeon Ormesby and his staff of Red Cross Nurses. Having viewed the various Wards and their interesting little occupants, Sister Alison (Miss Lyons), the Lady



Superintendent, was visited in her private sanctum, and to this admirable lady's taste and skill a willing tribute was paid. The room—a very large four-windowed apartment—gives the impression of ease, cleanliness, comfort, and elegance combined. The floor is well stained and brightly polished, with here and there an inexpensive but well-chosen rug scattered about. The windows, which the Executive declined to have deprived of their muffing, are ornamented with the new glacier-work, executed by the lady herself, she having in some instances painted figures and paraphernalia to improve standing designs. The mantel, originally white marble, is painted a pretty light bronze-colour, to match the frieze and dado of the room; and extending out from the sides of the fireplace, like those of a high box, are quaintly carved and neatly painted boards, finished at the ends with diminutive statues of men clothed in armour. These are likewise painted a dull bronze, the work of Sister Alison, and within the boardings, on either side of the fireplace, are plain wooden settles, also painted, and furnished with cushions of artistic pattern and colour—delightful nooks to sit in, without fear of scorching the faces of the occupiers. The fender—a fixture, of course—is made of ordinary roof-piping, neatly pieced and painted, and finished at top with a brass rail.

THE Sister's writing-table, which is a very handsome-looking piece of furniture, is the handiwork of her brother, and is made of three common little deal ones, each about three-and-a-half feet long—the centre table being placed lengthways, with its ends to writer and wall respectively, while the other two extend away from it on either side, leaving a protruding centre piece to serve as a desk. The pillars and drawer-cabinets are nicely carved and painted, and furnished with brass handles and ornaments, while on the back is carved in bold relief Surgeon Ormesby's motto, '*Fortis qui prudens*,' with, underneath it, another: '*Ut migraturus habitat*.' Over the mantel is a third carving, the motto of the Sister's own family: '*Noli irratate Leones*,' which a student once translated, 'Nobody is to annoy Miss Lyons.'

THIS quaint old English room is further supplied with a neat American organ, sundry cosy chairs (all the Sister's work), and a few neat occasional tables, furnished daily with fresh flowers. Sister Alison is an ideal hostess when friends visit her room, and is very pleased at being complimented upon it. Her bronze figures, it is stated, were in reality the common little white Italian images which men carry about the streets, until her clever brush transformed them into something more

[previous page](#)

[next page](#)