

face it well. To bear is to conquer, to kill despair; and poor are they who are destitute of this fine quality, patience, which is ever great to consume large as well as small troubles. The poet looks upon suffering, with intuitive insight, as an angel sent to elevate and dignify human nature, though suffering may fill it to overflowing of privation, with a consciousness of the drying up of the deepest sources of life.

The writer remembers having read, many years ago, that pain is not remembered, but that pleasure is. He is an illustration of this in his own case, so far as it concerns pain, for not only has he no recollection of his sufferings, but on one occasion, when passing through a time of extreme anguish, he requested that the door of his room might be shut in order that the "yells" with which he gave expression to his pain might not be heard outside. Of the pain he has no remembrance, but his request to shut the door because of his noisy yells he well remembers.

How much temper suffers in the life of a patient, and how almost impossible it becomes, on his part, to beat down the sense of utter prostration that holds him in such acute discomfort, and to place restraint upon himself under his largely increased tendency to indulge in irritation and sourness when the celestial temper of which Milton speaks has forsaken him, and he has become a stranger to the blessing of its unclouded ray, for

"It's hardly in a body's power
To keep at times frae getting sour."

Under circumstances so common as these in the life of a patient, the exercise, on his side, of courteousness, consideration, and kindness will largely serve to lessen, if not entirely cure the evil, as well as contribute to the recovery of the sufferer. These sweetening influences may well and profitably prevail in all the immediate surroundings of the Nurse outside, as well as inside, the walls of the sick chamber.

"Courteousness is the sister of Charity,"
and Charity is "kind" and "doth not behave
itself unseemly."

Birkenhead, January, 1890.

"HE's no better, Doctor. You told me to give him as much of the powder as would lay on sixpence. I hadn't sixpence, but I gave him as much as would lie on five pennies and two half-pennies, and it's done him no good at all at all."

How TO WIN LOVE.—"All seem to love you," said a lady to a child. "Why should they not?" she smilingly made reply, "since I love all." Never did philosophy, searching for gems of wisdom deep ensoiled, strike on a truth more radiant or pure.

COMPETITIVE PRIZE ESSAY. SIXTEENTH COMPETITION.

A Book of the value of One Guinea will be awarded for an Essay upon the following subject:—

"DESCRIBE THE BEST MANNER IN WHICH A KITCHEN SHOULD BE FITTED UP SUITABLE FOR THE STAFF AND PATIENTS IN A HOSPITAL OR HOME OF TWENTY BEDS, THE UTENSILS REQUIRED, THE MAKERS' NAMES AND APPROXIMATE COST OF THEM, AND MENTION EVERY DETAIL CONSIDERED NECESSARY FOR THE SMOOTH AND PROPER CONDUCT OF SUCH KITCHEN."

RULES.

1.—Contributions must reach the Editor, at the office of THE NURSING RECORD, addressed as follows:—"Prize Essay Competition, THE NURSING RECORD, St. Dunstan's House, Fetter Lane, London, E.C.," not later than Thursday, February 13, 1890.

2.—Manuscript must be written distinctly in ink and on one side of the paper only, upon not less than 24 nor more than 48 pages of ordinary-sized ruled sermon paper. The pages must be numbered and fastened together.

3.—The real and full name and address (stating whether Miss or Mrs.) of the Competitor must be inscribed on the back of each contribution, and notification of which Hospital or Institution the Competitor has been or is attached to.

4.—Trained Nurses or those personally associated with Nursing work only allowed to compete.

The decision of the Prize Essay Editor to be final, and any infringement of the above Rules will be considered a disqualification.

NOTICE.—The Prize Essay Editor will not undertake to return MSS. unless accompanied with a sufficiently stamped addressed envelope. In no case must manuscripts be rolled up when sent by post; they must be folded.

"NURSING RECORD" BENEVOLENT FUND.

SPECIAL NOTICE.

WE want to assist, by the united efforts of the readers of the *Nursing Record*, Trained Nurses who may be in need of temporary or permanent aid, and for this purpose donations, whether small or large, will be thankfully received, as the Fund has already many demands made upon it.

HELP WANTED HERE ALSO.

Mrs. Sarah Duyck, aged 48, is a widow, and has broken her leg so badly, that she will probably be a cripple for the rest of her life, besides dislocating one shoulder some years ago, so that she is even unable to use her crutches for long at a time.

Mrs. Duyck wishes to obtain an annuity of £20 a year from the British Home for Incurables. To do this at least 1,000 votes must be procured from subscribers to the Institution. Lists of subscribers can be obtained by sending eight stamps to the offices, 73, Cheapside, E.C.

Will every reader of this journal please do what she or he can to obtain votes for this sad case—to assist, in however small a measure, to bear another's burden? Such help will be gratefully welcomed by the Editor, *Nursing Record*, St. Dunstan's House, Fetter Lane, London, E.C., and all subscriptions, &c., will be duly acknowledged.

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