

much to the Queen Dowager, who has taken so practical an interest in the advancement of nursing education. It is greatly owing to her Majesty's influence that in Sweden no woman, however high her social position, or however highly educated she may be, thinks it beneath her to be a nurse.

Miss Thérèse Tamm, who charmed her colleagues in London, has since her return to Sweden been staying with her Majesty the Dowager Queen Sophia, who has taken a most sympathetic interest in the Congress, and desired to hear all about it from the lady deputed to superintend the Swedish delegation and to represent the progress of nursing in Sweden.

The Crown of the Ideal Nurse.

May be summed up in one word—she must be unselfish. A sick nurse may be highly trained, most skilful, perfect in an emergency, absolutely obedient to the orders of her chief, the doctor; she may be trim in attire, pleasant to look on—in fact, she may possess a hundred good traits and qualities; but, if she is selfish at core, she will never be an ideal nurse. Selfishness is so insidious that it is safe to say that every human being has some grains of it in his or her composition.

Why is it that nursing by "religious" is now rather at a discount, but because, roughly speaking, these Sisters are often more intent on the salvation of their own souls than the bodies of their patients? And yet, I make bold to say, that no woman can be a really good ideal nurse who has not a religious soul. The strain on every faculty is so great when nursing is a life-work that the spiritual side of a woman's nature must be developed if she is to attain to a high degree of perfection in the nursing world.

Let us consider the matter more closely. What is the meaning of the word unselfishness? Does it not consist in putting other people before oneself, in literally and entirely considering the well-being of others, in thought, word, and deed, before our own?

And it is folly for a nurse to think that she can be unselfish as regards her patient and her patient only. If her unselfishness is exercised merely in one direction it must of necessity be artificial, and will break down even in this extremely limited sphere. No, unselfishness is only another way of expressing "the greatest thing in the world," love! Ideal love, which "suffers long and is kind—envieth not, vaunteth not itself, is not puffed up, doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil,

rejoiceth not in iniquity, but rejoiceth in the truth." And "*beareth all things, believeth all things, hopeth all things, endureth all things.*"

The italics, as you will know, are my own. With one more quotation from the same source—*Love never fails*—would it not be hard to find five better mottoes for the ideal nurse to bear in mind?

Is not this a high standard of conduct? And yet I know many nurses who are *on the road* to the attainment of such an ideal.

Life is a rush nowadays, especially in our great towns, and the most important things get pushed in a corner, and, alas! often forgotten there. But we cannot remind ourselves too often that our characters go on forming themselves, whether we take trouble with them or no, and if we do not try to keep them in the right direction it is more than probable that they will get into a wrong one—another farewell to the ideal!

MINISTERING MINXES.

Now for a few remarks on the reverse of the ideal nurse. Why has this celebrated phrase, ministering minxes, taken root but because it really describes a class, let us hope a very small one, in the nursing world? Do not many of us know at least one trained nurse who to some extent answers to the description?

She may be *puffed up*, for she is "Dr. —'s favourite nurse," or she "has been trained in the — Hospital!"

There is no knowledge (from a nursing point of view), but she possesses it.

Or, she *behaves herself unseemly*; she would flirt with the poker in the sick man's room, if there were nothing else handy!

Or, perhaps she is too much inclined to *seek her own*, is over particular about her food, too ready to stand on her dignity.

Or, there is the nurse who is *easily provoked*, quarrels with the servants or the relations of her patient, and is terribly tactless in her dealings with them.

Sickness is always a trying factor in a house, but the trained nurse is brought into the family to improve the situation, not to make it worse! Besides, she should never forget the probabilities are that the patient knows, and may be worried by, the worries of the household. And surely it is the A, B, C of nursing—Don't worry, and don't let your patient worry or be worried.

Atmosphere diffuses itself; and continued thunderstorms are extremely bad for the health! The climate of the sick room should be soft, yet bracing.

We all know these beautiful theories. The difficulty—though not insurmountable—is to practise them.

RAY MERTON.

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