

sage, etc., by affiliation with other hospitals.

Much advantage is to be gained by the system of independent examinations held by outside examiners, and I am told that in some training schools this plan has been adopted with excellent results.

With regard to the important question of discipline among the nurses, in my opinion very decided distinctions should be made between certificated nurses, and senior and junior probationers, both with regard to duties and responsibilities, and while remembering that all are "probationers," until they have obtained their certificates, I think that senior probationers should have their responsibilities added to as they go on, and moreover that they should be made to realise that on them, to a certain extent, rests the progress of their juniors. I do not believe that the work is ever satisfactorily done, or that patients in the general wards are ever really well nursed, where a thoroughly well organised system of discipline does not exist. This is all important, too, when viewed from the moral standpoint. We are told that discipline either goes towards perfecting the character of the highly principled, or it helps to deteriorate that of the unprincipled.

From my own observations, I am convinced that this is more especially true of hospital life, and training. It is a common belief that no woman's character remains the same during her training—she is, at the end of it, much better or worse than when she began—but the choice of making or marring her personality rests mainly with the probationer herself.

There are many other points in connection with this interesting subject which I cannot touch upon in the time at my disposal, but which will, I am sure, be dealt with in the discussion which is to follow.

Nurses and Temperance.

All of us who have gone through our hospital course, and have taken up any branch of nursing afterwards, are well aware of the awful ravages of crime, disease, and destitution that are caused by intemperance. Indeed, we are so well aware of them that the subject has become hackneyed and distasteful to us, and when we listen to anyone expounding the great temperance question, we do so, as it were, with only one ear and a quarter of our minds; the other ear and the other three-quarters of our minds are occupied by any trivial sounds and thoughts that may be passing. Perhaps if the lecturer brings to our notice any awful examples, we smile in a superior way, and say to our wise selves, "What bigotry! Where, for instance, would our pneumonias often be without stimulants?" forgetting that, if it were not for the stimulants, very often there would be no pneumonia.

No, I venture to say that we, as nurses, do not think enough of the evils that are brought about by the excessive use of alcohol. The homes that are wrecked, the lives blighted, the ever-increasing body of the insane who crowd our asylums, the criminals who fill our prisons, and the paupers who throng to our workhouses. Do we, for instance, put ourselves out of the way to prevent this evil? Not many of us, I fear. In this, as in all other evils, prevention is better than cure. If we are of a pessimistic turn of mind, we may say: "It is of no use worrying about confirmed drunkards; they are hopeless, they will never reform." This is a fallacy, as they do sometimes, but never mind; if this is the trouble, and we are firmly convinced that we personally can do nothing with the chronic inebriates, then let us turn our attention to preventive work. No one can deny that much may be done there. Let us get hold of the children, and preach temperance to them in season and out of season. Let us bring home to their youthful minds in simple language the horrors of alcoholism. Let us explain the theory of heredity to them; make them sign the pledge. If need be, bribe them with "Bands of Hope," temperance concerts, tea parties, little plays, operettas, etc. So imbue them with the spirit of temperance that they in turn will become proselytizers and join the army of those who seek to gain converts to the ranks of the great temperance cause.

A great deal may be done by example. If some of us are not total abstainers when we enter hospital for our three years' training, surely, when we find how well we can do without alcohol or stimulants of any kind during that lengthy period, we shall continue in the

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